

Cross Country Practice Schedule
(Bold are the required practices everyone)
Morning Varsity Practice

Monday -Aug 24 th AM=8-10:15 PM= 2:45-5 pm	@ JHS weight room @ JHS (Baseball field storage build)
Tuesday -Aug 25 th PM= 2:45-5 pm	@ JHS (Baseball field)
Wednesday -Aug 26 th AM=8-10:15 PM= 2:45-5 pm	@ JHS weight room @ JHS (Baseball field)
Thursday -Aug 27 th AM=8:30-10:30 PM= 2:45-5 pm	Varsity @ Edmonds CC @ JHS - TRAIL clean up...maintance...
Friday -Aug 28 th AM=7-8:15am PM=3-4:30	Swimming at McCollum Park Pool (please bring \$2) Japanese Gulch- varsity
Saturday -Aug 29 th	@ Mill Creek Albertsons...run at 8-9 am Car wash 9:30am -4:30pm (164 and Both-Evt Hwy) \$\$\$\$
Monday -Aug 31 st AM=7:30-10 PM= 2:45-5 pm	@ JHS weight room @ JHS (Baseball field storage build)
Tuesday -Sept 1 st PM= 2:45-5 pm	@ JHS (Baseball field storage building- across the street from track)
Wednesday -Sept 2 nd AM=7:30-10 PM= 2:45-5 pm	optional AM practice @ weight room JHS @ JHS (Baseball field storage building- across the street from track)
Thursday -Sept 3 rd AM=8-10:15 PM= 2:45-4:45 pm	Varsity @ Target Lynnwood @ JHS (Baseball field) TRAIL clean up...maintance
Friday -Sept 4 th AM=7-8:15am PM=3-4:30	Swimming at McCollum Park Pool (please bring \$2) Japanese Gulch Mukilteo- varsity
Saturday -Sept 5 th 8:30-10:30	@ McCollum Park
Monday -Sept 7 th	Labor Day nor practice
Tuesday Sept 10th AM= 6:30-7:30 PM= 2:45-4:50 pm	optional AM practice @ weight room JHS @ JHS (Baseball field storage building-)