

Boys Cross Country Summer Running/Lifting Schedule:

(Girls' XC will most likely have a similar schedule with some variation)

Running: 7:00 a.m. to 9:00 a.m. @ **Colt Stadium** (occasional alternate locations to be announced on Bound)

- **June 1-18**, and **22-25** (Monday-Friday)
- **July 6-31** (Monday-Friday)
- **Saturday August 1st:** Final Team Run Activity of the Summer (Run to the Keeper) - More info TBA

Post-Run Lifting: 10:00 a.m. - 10:45 a.m. @ **Campus** (can go later if necessary)

- **June 1-18**, and **22-25** (Monday/Wednesday/Friday)
- **July 6-31** (Monday/Wednesday/Friday)

Moratoriums/Holidays (no running/lifting):

- **June 19**
- **June 26 - July 5**
- **August 2-16**

First Fall Practice: August 17th