

Last Updated:
 Tuesday, August 04, 2009

Cross Country Schedule

AUGUST 2009

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	REST - REST	ALL TEAM PRACTICE (Van Cortlandt Park) 6:00PM - 7:30PM	ALL TEAM PRACTICE (Van Cortlandt Park) 6:00PM - 7:30PM	LSD 3miles x2 Take at least a 5 hour break between	REST - REST	ALL TEAM PRACTICE (Van Cortlandt Park) 6:00PM - 7:30PM	LSD 4 miles
2	REST - REST	ALL TEAM PRACTICE (Van Cortlandt Park) 6:00PM - 7:30PM	ALL TEAM PRACTICE (Van Cortlandt Park) 6:00PM - 7:30PM	LSD 3miles x2 Take at least a 5 hour break in between	REST - REST	ALL TEAM PRACTICE (Van Cortlandt Park) 6:00PM - 7:30PM	LSD 4 miles
3	REST - REST	ALL TEAM PRACTICE (Van Cortlandt Park) 6:00PM - 7:30PM	ALL TEAM PRACTICE (Van Cortlandt Park) 6:00PM - 7:30PM	REST - REST	ALL TEAM PRACTICE (Van Cortlandt Park) 6:00PM - 7:30PM	LSD 4 miles	REST - REST
6	REST - REST	REST - REST	LSD x2 Take at least a 5 hour break between	WEDNESDAY FIRST DAY OF SCHOOL!!! W MEMBERS ONLY MEETING (At High School) 2:57PM - 3:30PM	ALL TEAM PRACTICE At High School 3:00PM - 4:30PM	ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	