

2018 Cross Country Summer Schedule

Mondays and Wednesdays – 8:00am – running on Katy Trail - meet @ Page extension bridge

Tuesdays and Thursdays – 8:00am – weight room followed by running @ LHS

Fridays – athletes run on their own, coaches will provide minutes

Dead Weeks –

1. July 1 – 7
2. July 29 – August 4