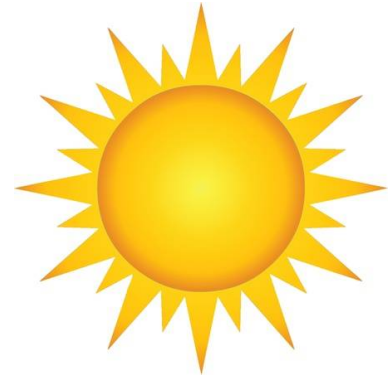


Cougar High School Summer Running Schedule

Every Monday and Wednesday we will meet at the Page Bridge. 8 am
Tuesday and Thursday we will meet at Lutheran High. 8 am
Fridays will be Coaches and Captains Choice 8 am
Saturdays- Run on your own
Sundays- Rest

Week 1- June 3 -7
Week 2- June 10--14
Week 3- June 17--21
Week 4- June 24-28
Week 5- MSHSAA Dead Week- on your own
Week 6- July 8-12
Week 7 July 15--19
Week 8 July 22-26
Week 9 July 29-Aug 2
Thursday Aug 2 Spike Night- Fleet Feet 8 pm
Week 10 Aug 5-9- MSHSAA Dead Week- on your own
August 12- Official First Day of Practice
August 17- Sat am Retreat/Luncheon 8-12:30 Mandatory



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