

Bowie Cross Country Summer Schedule 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 6 7 - 8:30 @ Circle C Soccer Fields	7 7 - 8:30 @ Bowie HS	8 7 - 8:30 @ Circle C Soccer Fields	9 7 - 8:30 @ Bowie HS	10 Off Day	11 Long run on your own for HS Runners	12 Off Day
June 13 7 - 8:30 @ Circle C Soccer Fields	14 7 - 8:30 @ Bowie HS	15 7 - 8:30 @ Circle C Soccer Fields	16 7 - 8:30 @ Bowie HS	17 Off Day	18 Long run on your own for HS Runners	19 Off Day
20 7 - 8:30 @ Circle C Soccer Fields	21 7 - 8:30 @ Bowie HS	22 7 - 8:30 @ Circle C Soccer Fields	23 7 - 8:30 @ Bowie HS	24 Off Day	25 Long run on your own for HS Runners	26 Off Day
27 7 - 8:30 @ Circle C Soccer Fields	28 7 - 8:30 @ Bowie HS	29 7 - 8:30 @ Circle C Soccer Fields	30 7 - 8:30 @ Bowie HS	July 1 Off Day	2 Off Day	3 Off Day
July 4-10 OFF ALL WEEK FOR THE 4TH OF JULY						
July 11 7 - 8:30 @ Circle C Soccer Fields	12 7 - 8:30 @ Bowie HS	13 7 - 8:30 @ Circle C Soccer Fields	14 7 - 8:30 @ Bowie HS	15 Off Day	16 Long run on your own for HS Runners	17 Off Day
18 7 - 8:30 @ Circle C Soccer Fields	19 7 - 8:30 @ Bowie HS	20 7 - 8:30 @ Circle C Soccer Fields	21 7 - 8:30 @ Bowie HS	22 Off Day	23 Long run on your own for HS Runners	24 Off Day
25 7 - 8:30 @ Circle C Soccer Fields	26 7 - 8:30 @ Bowie HS	27 7 - 8:30 @ Circle C Soccer Fields	28 7 - 8:30 @ Bowie HS	29 Off Day	30 Long run on your own for HS Runners	31 Off Day
Aug. 1 7 - 8:30 @ Circle C Soccer Fields	2 7 - 8:30 @ Bowie HS	3 7 - 8:30 @ Circle C Soccer Fields	4 7 - 8:30 @ Bowie HS	5 Off Day	6 Long run on your own for HS Runners	7 Off Day