**Georgetown Cross Country**
High School Optional Summer Conditioning Group Run Schedule

| [◄ May 2019](https://www.wincalendar.com/Holiday-Calendar/May-2019%22%20%5Co%20%22May%202019) | **June 2019** | [Jul 2019 ►](https://www.wincalendar.com/Holiday-Calendar/July-2019) |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  |  | 1  |
| 2  | 3 5pm-6pm Group Run6-8pm Youth Camp | 4 6-8pm Youth Camp | 5 5pm-6pm Group Run6-8pm Youth Camp | 6 6-8pm Youth Camp | 7 5pm-6pm Group Run6-8pm Youth Camp | 8  |
| 9  | 10 7pm-8pm Group Run | 11  | 12 7pm-8pm Group Run | 13  | 14 7pm-8pm Group Run | 15  |
| 16  | 17 7pm-8pm Group Run | 18  | 19 7pm-8pm Group Run | 20  | 21  | 22  |
| 23  | 24 7pm-8pm Group Run | 25  | 26 7pm-8pm Group Run | 27  | 28  | 29 8am-9am Group Run(meet at Hanlon Park) |
| 30  |  |

*Group runs in June for high school team only. Jr. High optional conditioning will start July 8, 2019.*

* Please bring water
* Please bring running watch
* We will meet at GHS track shelter (except 6/29/19, we will meet at Hanlon Park next to Pizza Hut).