**Georgetown Cross Country**
**Practice Schedule**

| [◄ Jul 2020](https://www.wincalendar.com/Holiday-Calendar/July-2020%22%20%5Co%20%22July%202020) | **August 2020** | [Sep 2020 ►](https://www.wincalendar.com/Holiday-Calendar/September-2020) |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  |  | 1 **1st Day of Practice!**8 - 9:30 am |
| 2  | 3 7 – 8:30 pm | 4 7 – 8:30 pm | 5 7 – 8:30 pm | 6 7 – 8:30 pm | 7 7 – 8:30 pm | 8 **Run-A-Thon!** |
| 9  | 10 7 – 8:30 pm | 11 7 – 8:30 pm | 12 7 – 8:30 pm | 13 7 – 8:30 pm | 14 **No Practice** | 15 8 - 9:30 am |
| 16  | 17 7 – 8:30 pm | 18 7 – 8:30 pm | 19 **1st Day of School**6 – 7:30 pm | 20 6 – 7:30 pm | 21 **No Practice** | 22 **Williamsburg Meet** |
| 23  | 24 6 – 7:30 pm | 25 6 – 7:30 pm | 26 **Early Bird Meet****Felicity** | 27 6 – 7:30 pm | 28 **No Practice** | 29 **Finishtiming Meet****Wilmington** |
| 30  | 31 6 – 7:30 pm |  |

We will meet for practice at the GHS track shelter. Please be there and be ready to warmup at practice start time.

Please bring water bottle, running watch and Yoga mat to every practice.