**Georgetown Cross Country Practice Schedule**

| [◄ Jul 2022](https://www.wincalendar.com/Holiday-Calendar/July-2022" \o "July 2022) | **August 2022** | | | | | [Sep 2022 ►](https://www.wincalendar.com/Holiday-Calendar/September-2022) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | 1  HS: 7-8:30pm  JrH: 7-8:30pm | 2  HS: 7-8:30pm  JrH: 7-8:30pm | 3  HS: 7-8:30pm  JrH: 7-8:30pm | 4  HS: 7-8:30pm  JrH: 7-8:30pm | 5  No Practice | 6  **Bronco 5K**  **8am**  Western Brown High School |
| 7 | 8  HS: 7-8:30pm  JrH: 7-8:30pm | 9  HS: 7-8:30pm  JrH: 7-8:30pm | 10  HS: 7-8:30pm  JrH: 7-8:30pm | 11  HS: 7-8:30pm  JrH: 7-8:30pm  **Aaron’s Birthday!** | 12  No Practice | 13  HS: 8-9:30am  JrH: 8-9am  **Clayton’s Birthday!** |
| 14 | 15  HS: 7-8:30pm  JrH: 7-8:30pm | 16  HS: 7-8:30pm  JrH: 7-8:30pm | 17  HS: 7-8:30pm  JrH: 7-8:30pm | 18 (Time change)  HS: 6-7:30pm  JrH: 6-7:30pm  *1st Day of school!* | 19  No Practice | 20  HS: 8-9:30am  JrH: 8-9am |
| 21 | 22  HS: 6-7:30pm  JrH: 6-7:30pm | 23  HS: 6-7:30pm  JrH: 6-7:30pm | 24  **Felicity Early Bird**  **4:30pm** | 25  HS: 6-7:30pm  JrH: 6-7:30pm | 26  No Practice | 27  **Ripley Invitational**  **9am** |
| 28 | 29  HS: 6-7:30pm  JrH: 6-7:30pm | 30  HS: 6-7:30pm  JrH: 6-7:30pm | 31  HS: 6-7:30pm  JrH: 6-7:30pm |  | | |

* This schedule is for group practice. Your training plan may include additional individual runs on other days not listed on this schedule.
* We will meet at the GHS track unless noted differently on the schedule. Please arrive 5 minutes early. We will start on time.
* Please bring your own water bottle, running watch and yoga mat to every practice.

Coach Mike McHenry: (937) 631-8134 Coach Molly Ellis: (937) 515-9364