**Georgetown Cross Country Practice Schedule**

| [◄ Jul 2022](https://www.wincalendar.com/Holiday-Calendar/July-2022%22%20%5Co%20%22July%202022) | **August 2022** | [Sep 2022 ►](https://www.wincalendar.com/Holiday-Calendar/September-2022) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | 1 HS: 7-8:30pmJrH: 7-8:30pm | 2 HS: 7-8:30pmJrH: 7-8:30pm | 3 HS: 7-8:30pmJrH: 7-8:30pm | 4 HS: 7-8:30pmJrH: 7-8:30pm | 5 No Practice | 6 **Bronco 5K****8am**Western Brown High School |
| 7  | 8 HS: 7-8:30pmJrH: 7-8:30pm | 9 HS: 7-8:30pmJrH: 7-8:30pm | 10 HS: 7-8:30pmJrH: 7-8:30pm | 11 HS: 7-8:30pmJrH: 7-8:30pm**Aaron’s Birthday!** | 12 No Practice | 13 HS: 8-9:30amJrH: 8-9am**Clayton’s Birthday!** |
| 14  | 15 HS: 7-8:30pmJrH: 7-8:30pm | 16 HS: 7-8:30pmJrH: 7-8:30pm | 17 HS: 7-8:30pmJrH: 7-8:30pm | 18 (Time change)HS: 6-7:30pmJrH: 6-7:30pm*1st Day of school!* | 19 No Practice | 20 HS: 8-9:30amJrH: 8-9am |
| 21  | 22 HS: 6-7:30pmJrH: 6-7:30pm | 23 HS: 6-7:30pmJrH: 6-7:30pm | 24 **Felicity Early Bird****4:30pm** | 25 HS: 6-7:30pmJrH: 6-7:30pm | 26 No Practice | 27 **Ripley Invitational****9am** |
| 28  | 29 HS: 6-7:30pmJrH: 6-7:30pm | 30 HS: 6-7:30pmJrH: 6-7:30pm | 31 HS: 6-7:30pmJrH: 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