# **Georgetown Cross Country** Optional Summer Group Conditioning

| [◄ Jun 2019](https://www.wincalendar.com/Holiday-Calendar/June-2019" \o "June 2019) | **July 2019** | | | | | [Aug 2019 ►](https://www.wincalendar.com/Holiday-Calendar/August-2019) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | 1  HS: 7-8:30pm | 2  HS: 7-8:30pm | 3  HS: 7-8:30pm | 4  Independence Day | 5  HS: 7-8:30pm | 6  HS: 9-10:30am  JH: 9-10:00am  **\*Meet at Hanlon Park** |
| 7 | 8  HS: 7-8:30pm  JH: 7-8:30pm | 9  HS: 7-8:30pm | 10  HS: 7-8:30pm  JH: 7-8:30pm | 11  HS: 7-8:30pm | 12  HS: 7-8:30pm | 13  HS: 9-10:30am  JH: 9-10:00am |
| 14 | 15  HS: 7-8:30pm  JH: 7-8:30pm | 16  HS: 7-8:30pm | 17  HS: 7-8:30pm  JH: 7-8:30pm | 18  HS: 7-8:30pm | 19  HS: 7-8:30pm | 20  HS: 9-10:30am  JH: 9-10:00am |
| 21 | 22  HS: 7-8:30pm  JH: 7-8:30pm | 23  HS: 7-8:30pm | 24  HS: 7-8:30pm  JH: 7-8:30pm | 25  HS: 7-8:30pm | 26  HS: 7-8:30pm | 27  HS: 9-10:30am  JH: 9-10:00am  **\*Meet at Hanlon Park** |
| 28 | 29  HS: 7-8:30pm  JH: 7-8:30pm | 30  HS: 7-8:30pm | 31  HS: 7-8:30pm  JH: 7-8:30pm |  | | |

**JH = Jr. High Conditioning *We will meet at GHS track unless noted park (Hanlon park is next to Pizza Hut)***

**HS = High School Conditioning**

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