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

| [◄ Jun 2019](https://www.wincalendar.com/Holiday-Calendar/June-2019%22%20%5Co%20%22June%202019) | **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: 9-10:30amJH: 9-10:00am**\*Meet at Hanlon Park** |
| 7  | 8 HS: 7-8:30pmJH: 7-8:30pm | 9 HS: 7-8:30pm | 10 HS: 7-8:30pmJH: 7-8:30pm | 11 HS: 7-8:30pm | 12 HS: 7-8:30pm | 13 HS: 9-10:30amJH: 9-10:00am |
| 14  | 15 HS: 7-8:30pmJH: 7-8:30pm | 16 HS: 7-8:30pm | 17 HS: 7-8:30pmJH: 7-8:30pm | 18 HS: 7-8:30pm | 19 HS: 7-8:30pm | 20 HS: 9-10:30amJH: 9-10:00am |
| 21  | 22 HS: 7-8:30pmJH: 7-8:30pm | 23 HS: 7-8:30pm | 24 HS: 7-8:30pmJH: 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: 7-8:30pmJH: 7-8:30pm | 30 HS: 7-8:30pm | 31 HS: 7-8:30pmJH: 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**