

2023 JAC Youth Cross County Practice Dates and Times

September	5	Tuesday	6-7pm
	7	Thursday	6-7pm
	12	Tuesday	6-7pm
	14	Thursday	6-7pm
	19	Tuesday	6-7pm
	21	Thursday	6-7pm
	26	Tuesday	6-7pm
	28	Thursday	6-7pm

October	3	Tuesday	6-7pm
	5	Thursday	6-7pm
	10	Tuesday	6-7pm
	12	Thursday	6-7pm
	17	Tuesday	6-7pm
	19	Thursday	6-7pm
	24	Tuesday	6-7pm
	26	Thursday	6-7pm
	31	Tuesday	NO PRACTICE

November	2	Thursday	6-7pm
	7	Tuesday	6-7pm
	9	Thursday	6-7pm

