

Centralia Cross Country Schedule Summer 2018

June:

18th 8:30-9:30am Freshmen Only

19th 8:30-9:30am Entire team conditioning begins

20th 8:30-9:30am

21st 8:30-9:30am

26th 8:30-9:30am

27th 8:30-9:30am

28th 8:30-9:30am

We will also do evening strength training and drills....TBA first week of practice

July:

2, 3, 5, 9, 10, 11, 12, 16,17, 18, 19, 23, 24, 25, 26

Times will be announced at June practice....depending on the heat, we may need to practice earlier in the morning.

No practice allowed July 28 through August 7th.....IHSA rule.

August:

8th....official practice begins at 8:30am

9, 10, 13, 14, 15

16th is Freshmen Orientation....practice TBA

17th is First Day of School for Everyone...practice TBA

23rd.....First meet of the year in Marion

29th...Meet in Murphysboro

Sept 1st.....Granite City Inv.