

JUNE 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		May 30 SFLXC Camp 8:30-10:00am LHS Track	May 31 SFLXC Camp 8:30-10:00am LHS Track	1 SFLXC Camp 8:30-10:00am LHS Track	2 SFLXC Camp 8:30-10:00am LHS Track	3
4	5	6	7	8	9	10
11	12 Open Run 7:00-8:45am LHS Track	13 Open Run 7:00-8:30am Lift @ 6:15am	14 Open Run 7:00-8:30am	15 Open Run 7:00-8:30am Lift @ 6:15am	16	17 Team Brunch 11:00am Location TBD
18	19 Open Run 7:00-8:45am	20 Open Run 7:00-8:30am Lift @ 6:15am	21 Open Run 7:00-8:30am	22 Open Run 7:00-8:30am Lift @ 6:15am	23	24 Team Brunch 11:00am Location TBD
25	26 Open Run 7:00-8:45am	27 Open Run 7:00-8:30am Lift @ 6:15am	28 Open Run 7:00-8:30am	29 Open Run 7:00-8:30am Lift @ 6:15am	30	



JULY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Team Brunch 11:00am *No Coaches*
2	3 No Open Runs this week (Dead Period)	4	5	6	7	8 Team Brunch 11:00am Location TBD
9	10 Open Run 7:00-8:45am	11 Open Run 7:00-8:30am <i>Lift @ 6:15am</i>	12 Open Run 7:00-8:30am	13 <i>Varsity Team Camp (Black Hills)</i>	14 <i>Varsity Team Camp (Black Hills)</i>	15 <i>Varsity Team Camp (Black Hills)</i>
16 <i>Varsity Team Camp (Black Hills)</i>	17 Open Run 7:00-8:45am	18 Open Run 7:00-8:30am <i>Lift @ 6:15am</i>	19 Open Run 7:00-8:30am	20 Open Run 7:00-8:30am <i>Lift @ 6:15am</i>	21 <i>Freshmen Camping Trip (Newton Hills)</i>	22 <i>Freshmen Camping Trip (Newton Hills)</i>
23	24 Open Run 7:00-8:45am	25 Open Run 7:00-8:30am <i>Lift @ 6:15am</i>	26 Open Run 7:00-8:30am	27 Open Run 7:00-8:30am <i>Lift @ 6:15am</i>	28	29 Team Brunch 11:00am Location TBD
30	31 Open Run 7:00-8:45am					



AUGUST 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Open Run 7:00-8:30am <i>Lift @ 6:15am</i>	2 Open Run 7:00-8:30am	3 Open Run 7:00-8:30am <i>Lift @ 6:15am</i>	4	5
6	7	8	9	10 First Official Practice 10:00am-12:00pm LHS Track	11 Practice 10:00am-12:00pm LHS Track	12
13	14 Practice 10:00am-12:00pm LHS Track	15 Practice 10:00am-12:00pm LHS Track	16 Practice 10:00am-12:00pm LHS Track	17 Practice 10:00am-12:00pm LHS Track	18 Practice 10:00am-12:00pm LHS Track	19
20	21 Practice 3:40-5:40pm LHS Track	22 Practice 3:40-5:40pm LHS Track	23 Practice 3:40-5:40pm LHS Track	24 Practice 3:40-5:40pm LHS Track	25 Practice 3:40-5:40pm LHS Track	26
27	28 Practice 3:40-5:40pm LHS Track	29 Practice 3:40-5:40pm LHS Track	30 Practice 3:40-5:40pm LHS Track	31 Practice 3:40-5:40pm LHS Track		

