

# CROSS COUNTRY

## MRJH - 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/22	8/23	8/24	8/25	8/26
Parent & Athlete Meeting/ At MRJH 3:00 - 4:00	Practice At MRJH 3:00 - 4:00	At Home Workout (See Work Sheet)	Practice At MRJH 3:00 - 4:00	At Home Workout (See Work Sheet)
8/29	8/30	8/31	9/1	9/2
Practice At MRJH 3:00 - 4:00	Practice At MRJH 3:00 - 4:00	At Home Workout (See Work Sheet)	Practice At MRJH 3:00 - 4:00	At Home Workout (See Work Sheet)
9/5	9/6	9/7	9/8	9/9
LABOR DAY At Home Workout (See Work Sheet)	Practice At MRJH 3:00 - 4:00	Meet @ VPJH 5:00 - 7:00	Practice At MRJH 3:00 - 4:00	At Home Workout (See Work Sheet)
9/12	9/13	9/14	9/15	9/16
Practice At MRJH 3:00 - 4:00	At Home Workout (See Work Sheet)	Meet @ TMS 5:00 - 7:00	Practice At MRJH 3:00 - 4:00	At Home Workout (See Work Sheet)
9/19	9/20	9/21	9/22	9/23
Practice At MRJH 3:00 - 4:00	At Home Workout (See Work Sheet)	Meet @ MRJH 5:00 - 7:00	Practice At MRJH 3:00 - 4:00	At Home Workout (See Work Sheet)
9/28	9/29	9/30	10/1	10/2
Practice At MRJH 3:00 - 4:00	At Home Workout (See Work Sheet)	Meet @ CVJH 5:00 - 7:00	Practice At MRJH 3:00 - 4:00	At Home Workout (See Work Sheet)
10/3	10/4	10/5	10/6	10/7
Practice At MRJH 3:00 - 4:00	At Home Workout (See Work Sheet)	CHAMPIONSHIP Art Dye Park 3:30 - 6:30	END OF SEASON	XC PARTY AND AWARDS

### CONTACT:

**COACH SMITH**

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**RUN!**

**COACH ANDERSEN**

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