



# June 2021

## Cross Country

\*All practices are optional.  
 \*See the cross country page for detailed information.  
 All locations are *tentative*.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14 7 AM Workout at Seaforth High School	15 7 AM Workout at American Tobacco Trail, New Hill entrance	16 7 AM Workout at Jordan Lake Forest	17 7 AM Workout at American Tobacco Trail, White Oak entrance	18 7 AM Workout at Jordan Lake Forest	19 7 AM <b>Captain's Long Run:</b> American Tobacco Trail, New Hope Church Road
20	21 7 AM Workout at Seaforth High School	22 7 AM Workout at American Tobacco Trail, New Hill entrance	23 7 AM Workout at Jordan Lake Forest	24 Workout at American Tobacco Trail, White Oak entrance	25 7 AM Workout at Jordan Lake Forest	26 7 AM <b>Captain's Long Run:</b> American Tobacco Trail, New Hope Church Road
27	28 7 AM Workout at Seaforth High School	29 7 AM Workout at American Tobacco Trail, New Hill entrance	30 7 AM Workout at Jordan Lake Forest	31 Workout at American Tobacco Trail, White Oak entrance	1 7 AM Workout at Jordan Lake Forest	2 7 AM <b>Captain's Long Run:</b> American Tobacco Trail, New Hope Church Road

