

Penn Hills Girls & Boys Cross Country

Summer Workouts:

Starting June 17th, every Monday, Wednesday and Friday from 9:00-11:00am
Meet at the High School Flagpole (back of the building by the cafeteria)

Physicals:

Tuesday, June 4th at 7:00am	High School Nurse's Office
Thursday, June 6th at 8:00am	Linton Nurse's Office
Monday, July 22 at 8:00am	High School Nurse's Office (Make-Up Day #1)
Monday, August 5 at 8:00am	Linton Nurse's Office (Make-Up Day #2)

First Official Practice Date:

Monday, August 12th 9:00am	Meet at the High School Flagpole
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Contact Info:

Head Coach Lee Zelkowitz
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