

Columbia Cross Country Pre-Season Information

Aug 22, 2022	9:00am-10:30am	Columbia High School Track
Aug 23, 2022	9:00am-10:30am	Columbia High School Track
Aug 24, 2022	9:00am-10:30am	Columbia High School Track
Aug 25, 2022	9:00am-10:30am	Columbia High School Track
Aug 26, 2022	9:00am-10:30am	Columbia High School Track
Aug 27, 2022	9:00am-10:30am	Columbia High School Track
Aug 29, 2022	3:00pm-4:30pm	Columbia High School Track
Aug 30, 2022	3:00pm-4:30pm	Columbia High School Track
Aug 31, 2022	3:00pm-4:30pm	Columbia High School Track
Sep 1, 2022	3:00pm-4:30pm	Columbia High School Track
Sep 2, 2022	9:00am-10:30am	Columbia High School Track

*Please make sure you are signed up for Cross Country on Family ID in order to attend practices. You need 6 practices to be eligible to participate in meets.

ITEMS TO BRING TO PRACTICE:

1. Proper Running Shoes
2. Light Workout Clothes
3. Wrist Watch
4. Your own Water Bottle
5. A Beach Towel or Yoga Mat for Stretching