

Modified Cross Country Practice Schedule for week of
8/29/22 to 9/2/22

Please meet at the Columbia High School track.

Monday 8/29	3:15-4:30
Tuesday 8/30	3:15-4:30
Wednesday 8/31	3:15-4:30
Thursday 9/1	3:15-4:30
Friday 9/2	9:00-10:30

Please make sure you are signed up and cleared for Modified Cross Country on FamilyID in order to attend practices. You need 6 practices to be eligible to participate in meets.

Please make sure you have proper running shoes, appropriate athletic clothes, a water bottle, and a watch.