

## 2009 Thomas Jefferson XC August Practice Schedule

*(updated as of July 14th , 2009)*

August 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> (Wed-Fri) 5:30PM @ TJ's TRACK
August 10 <sup>th</sup> – 14 <sup>th</sup> (Mon-Fri) 5:30 PM @ TJ's TRACK
August 19 <sup>th</sup> – 22 <sup>nd</sup> (Wed - Sat) Wed – Fri 5:30 PM & SAT 7:30AM @TJ's TRACK
August 24 <sup>th</sup> – 29 <sup>th</sup> (Mon -Fri & Sat) M-F 5:30 PM & SAT 7:30AM @ TJ's TRACK
Aug 31 <sup>st</sup> – Sep 5 <sup>th</sup> (Mon - Thurs) Mon-Wed & Fri 5:30 PM and SAT 7:30am @ TJ's TRACK- We are attending a meet on Thurs Sept 3 <sup>rd</sup> . Check the meet schedule for details.
Sept 8 <sup>th</sup> – Oct 27 <sup>th</sup> Practice is M-F @ 4:10 – 6:15 meet @ TJ's TRACK

**\*\*\* Athletes grades 10 – 12<sup>th</sup> must attend 10 practices from August 6<sup>th</sup> – Sept 5<sup>th</sup> to be eligible for the team.**