

2016 Summer Cross Country Practice Schedule*							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/10-16						6:00pm EP Tom Sawyer Pk <i>Brief meeting, then practice</i>	9:30am Iroquois Pk
7/17-23	5:00pm EP Tom Sawyer Pk	6:00pm Pope Lick Pk	6:00pm EP Tom Sawyer Pk	6:00pm Seneca Pk <i>So-Jr-Sr Join deadline</i>	6:00pm EP Tom Sawyer Pk	rest	9:30am Iroquois Pk
7/24-30	5:00pm EP Tom Sawyer Pk <i>Fr-transfers Join deadline</i>	6:00pm Pope Lick Pk	6:00pm EP Tom Sawyer Pk <i>Uniform sales begin</i>	No practice <i>Girls run on their own</i> <i>Fem-Athlete Seminar</i>	6:00pm Joe Creason Pk	rest	No practice <i>Girls run on their own</i> Team Fundraiser
7/31-8/6	6:00pm Seneca Pk Team Fundraiser	6:00pm Pope Lick Pk	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk <i>Uniform sales end</i>	6:00pm Seneca Pk	rest	9:30am Iroquois Pk
8/7-13	5:00pm EP Tom Sawyer Pk <i>Roster closes</i>	6:00pm Seneca Pk <i>Group B 2 mile timed run</i>	6:00pm Seneca Pk Freshmen First Day	6:00pm EP Tom Sawyer Pk First Day of School	No practice <i>Girls run on their own</i> Parent Meeting Night	rest	9:30pm Joe Creason Pk

*Any changes to this schedule will be announced via twitter (@AHS_Distance) and through email.

Practice locations:

- Seneca Park – grassy area adjacent to the tennis courts and playground
- EP Tom Sawyer Park – grassy area by the playground and main parking lot
- Pope Lick Park (Parklands) – meet by John Floyd Park soccer fields and parking lot
(formerly Floyds Fork Pk, address: 4002 S Pope Lick Rd, Louisville, KY 40299)
- Joe Creason Park – meet in the picnic area by the playgrounds and Mansion
- Iroquois Park – picnic tables by the parking lot near the Ampitheater and Frisbee golf field

Handouts with directions to each location will be provided at <http://crosscountry.ahsdistance.org>