

2018 Summer Cross Country Practice Schedule*							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/15-21	5:00pm EP Tom Sawyer Pk	6:00pm Seneca Pk	6:00pm Pope Lick Pk	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	<i>no practice</i>	9:30am Iroquois Pk
7/22-28	5:00pm EP Tom Sawyer Pk	6:00pm Seneca Pk	6:00pm Pope Lick Pk	6:00pm EP Tom Sawyer Pk <i>Uniform sales begin</i>	6:00pm EP Tom Sawyer Pk	<i>no practice</i>	9:30am Iroquois Pk
7/29-8/4	5:00pm EP Tom Sawyer Pk <i>Alumni Run</i>	6:00pm Seneca Pk	6:00pm Pope Lick Pk	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk <i>Uniform sales end</i>	<i>no practice</i>	9:30am Iroquois Pk
8/5-11	5:00pm EP Tom Sawyer Pk <i>Roster closes Group A/B assignments</i>	6:00pm Seneca Pk	<i>6:00pm Beckley Creek Park</i>	Group A Team Camp: Bernheim Forest (AM) Group B Practice: Sawyer (6PM)	6:00pm EP Tom Sawyer Pk	<i>no practice</i> <i>Freshmen First Day</i>	9:30am Iroquois Pk
8/12-18	practice on your own <i>Parent Meeting-6pm</i>	6:00pm Seneca Pk <i>School starts</i>	6:00pm Seneca Pk	6:00pm Seneca Pk	6:00pm Seneca Pk <i>Team Pictures</i>	<i>no practice</i>	9:30am Joe Creason Pk

*Any changes to this schedule will be announced via Twitter (@AHS_Distance) and through email. Handouts with directions to each location are provided at <http://crosscountry.ahsdistance.org>

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 near John Floyd Park soccer fields and parking lot (formerly Floyds Fork Pk, address for GPS: 4002 S Pope Lick Rd, Louisville, KY 40299)
- **Iroquois Park** – picnic tables by the parking lot near the Ampitheater and Frisbee golf field
- **Beckley Creek Park (Parklands)** – meet at or near the PricewaterhouseCoopers Pavilion by the Egg Lawn