

2019 Cross Country Practice Schedule* (July 15-August 24)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/14-20	X	6:00pm Seneca Pk <i>First practice</i>	6:00pm Pope Lick Pk	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	<i>no practice</i>	8:30am Iroquois Pk
7/21-27	5:00pm EP Tom Sawyer Pk	6:00pm Seneca Pk	6:00pm Pope Lick Pk	6:00pm EP Tom Sawyer Pk <i>Uniform + Team shirt sales begin</i>	6:00pm EP Tom Sawyer Pk	<i>no practice</i>	8:30am Iroquois Pk
7/28-8/3	5:00pm EP Tom Sawyer Pk	6:00pm Seneca Pk	6:00pm Pope Lick Pk	6:00pm EP Tom Sawyer Pk <i>Uniform sale ends</i>	6:00pm EP Tom Sawyer Pk <i>Group A/B assignments</i>	<i>no practice</i>	<u>Group A Team Camp</u>
8/4-10	<u>Group A Team Camp</u>	6:00pm Seneca Pk	6:00pm Pope Lick Pk	6:00pm EP Tom Sawyer Pk <u>Roster closes</u> <i>Team shirt sale ends</i>	6:00pm Seneca Pk	<i>no practice</i> <i>Freshmen First Day</i>	8:30am Iroquois Pk
8/11-17	<i>practice on your own</i> <u>Parent Meeting</u>	Grp A & B: 6:00pm Seneca Pk <i>School starts</i>	Grp A & B: 6:00pm Seneca Pk	Grp A & B: 6:00pm Seneca Pk	Grp A & B: 6:00pm Seneca Pk <i>Team Pics</i>	<i>no practice</i>	Grp A: 8:30am EP Tom Sawyer Pk
8/18-24	Grp A: 5:00pm EP Tom Sawyer Pk	<u>Seneca Pk:</u> Grp A-3:30 Grp B-6:00	<u>Seneca Pk:</u> Grp A-3:30 Grp B-6:00	<u>Seneca Pk:</u> Grp A-3:30 Grp B-6:00	<u>Seneca Pk:</u> Grp A-3:30 Grp B-6:00	<i>no practice</i> <u>Chapel Meeting</u>	Tiger Run

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

Practice locations:

- **Seneca Park** – grassy area adjacent to the tennis courts and playground
- **EP Tom Sawyer Park** – grassy picnic 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 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

Directions to each location are provided at <http://crosscountry.ahsdistance.org>