

2021 Summer Cross Country Practice Schedule*							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/11-17					6:00pm Seneca Pk	rest	9:00am Iroquois Pk
7/18-24	5:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm Pope Lick Pk	6:00pm Seneca Pk	rest	9:00am Iroquois Pk
7/25-31	5:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm Pope Lick Pk	6:00pm Seneca Pk	rest	9:00am Iroquois Pk
8/1-7	5:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm Pope Lick Pk	6:00pm Seneca Pk	rest	9:00am Iroquois Pk
8/8-14	5:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm <b>Seneca Pk</b> <i>Freshman First day</i>	6:00pm Seneca Pk <i>School starts</i>	rest	9:00am Iroquois Pk
8/15-21	5:00pm EP Tom Sawyer Pk	TBA	TBA	TBA	TBA	rest	TBA

\*This schedule assumes we are allowed to start our season on July 15 without any restrictions. **Any changes** to this schedule will be announced via Twitter (@AHS\_Distance) and email. We encourage everyone to check their email as regularly as possible over the Summer.

**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)

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