

Assumption HS Cross Country: Summer Practice Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/9-7/15							9:00am EP Tom Sawyer Pk <i>ACT day</i>
7/16-7/22	5:00pm Seneca Pk Group A: 5pm Highland Hall/Legion	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm Seneca Pk Group A: 6pm Highland Hall/Legion		9:00am Iroquois Pk
7/23-7/29	5:00pm Seneca Pk Group A: 5pm Highland Hall/Legion	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm Seneca Pk Group A: 6pm Highland Hall/Legion		9:00am Creasey Mahan Nature Preserve
7/30-8/5	5:00pm Seneca Pk Group A: 5pm Highland Hall/Legion	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm Seneca Pk Group A: 6pm Highland Hall/Legion		9:00am Creasey Mahan Nature Preserve
8/6-8/12	5:00pm Seneca Pk Group A: 5pm Highland Hall/Legion Roster closes	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm EP Tom Sawyer Pk	6:00pm Seneca Pk Group A: 6pm Highland Hall/Legion Freshman First day	School starts	<i>no official practice (run on your own)</i>

* Note: on Sundays & Thursdays, **Group A girls** will meet at Highland Hall/American Legion; everyone else will meet at Seneca Park

Where we meet for practice:

- ***EP Tom Sawyer:*** we meet in the picnic area by the main parking lot, tennis courts and playground (park on the south side of the main parking lot)
- ***Iroquois Pk:*** we meet by the main parking lot that's adjacent to the Ampitheater (1080 Amphitheater Rd, Louisville, KY 40214)
- ***Creasey Mahan Nature Preserve:*** we will meet in the area with the Forest Friends Playground
- ***Seneca Park:*** we meet in a grassy area adjacent to both the tennis courts and playground.
- ***Highland Hall/Legion:*** this is the building where we typically host Summer Seminar (2921 Bardstown Road)

Note that directions and the location of all practices are provided in the handout section at our team website, <http://crosscountry.ahsdistance.org>