

# July 2020

## HS Girls XC Summer Workouts Athletes meet from 7:15-8:30 [ EVENINGS ]

Meet at Pickerington North at the BARS. We will use the BARS for the first 30-45 minutes.

| Sunday            | Monday | Tuesday           | Wednesday | Thursday          | Friday | Saturday |
|-------------------|--------|-------------------|-----------|-------------------|--------|----------|
| 28<br>7:00 PM PXC | 29     | 30<br>7:00 PM PXC | 1         | 2<br>7:00 PM PXC  | 3      | 4        |
| 5<br>7:00 PM PXC  | 6      | 7<br>7:00 PM PXC  | 8         | 9<br>7:00 PM PXC  | 10     | 11       |
| 12<br>7:00 PM PXC | 13     | 14<br>7:00 PM PXC | 15        | 16<br>7:00 PM PXC | 17     | 18       |
| 19<br>7:00 PM PXC | 20     | 21<br>7:00 PM PXC | 22        | 23<br>7:00 PM PXC | 24     | 25       |
| 26<br>7:00 PM PXC | 27     | 28<br>7:00 PM PXC | 29        | 30<br>7:00 PM PXC | 31     | 1        |