



**Grove City High School Cross Country**  
2020 Summer Conditioning – “OPEN RUNS”



**JULY (2020)**

| SUNDAY | MONDAY   | TUESDAY                                 | WEDNESDAY                               | THURSDAY                                | FRIDAY                                  | SATURDAY   |
|--------|--|---|---|---|---|--|
|        |  | <i>Please run on own</i>                | 1)                                      | 2)<br><i>Please run on own</i>          | 3)                                      | 4)<br><i>run additional 3 days on your own, 60 minutes total</i>                                       |
| 5)     | <div style="border: 1px solid black; padding: 5px;"> <b>BRING:</b> Waiver of Liability, Acknowledgment and Assumption of Risk form, mask &amp; large water bottle         </div> | 7)<br>GCHS Rec Center<br>8:30-10:00 AM  | 8)                                      | 9)<br>GCHS Rec Center<br>8:30-10:00 AM  | 10)                                     | 11)<br><i>run additional 3 days on your own, 60 minutes total</i>                                      |
| 12)    |  | 14)<br>GCHS Rec Center<br>8:30-10:00 AM | 15)                                     | 16)<br>GCHS Rec Center<br>8:30-10:00 AM | 17)                                     | 18)<br><i>run additional 3 days on your own, 60 minutes total</i>                                      |
| 19)    |  | 20)                                     | 21)<br>GCHS Rec Center<br>8:30-10:00 AM | 22)                                     | 23)<br>GCHS Rec Center<br>8:30-10:00 AM | 24)  |
| 26)    | 27)  | 28)<br>GCHS Rec Center<br>8:30-10:00 AM | 29)                                     | 30)<br>GCHS Rec Center<br>8:30-10:00 AM | 31)                                     | <b>MONDAY</b><br><b>Aug. 3, 2020</b><br><b>@ GCHS Track</b><br><b>(1st practice)</b><br><b>8-10 AM</b> |

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We are on *Twitter*: **gchsXCrunning**  
We are on *Facebook*: **Grove City High School Cross Country**

**ABOUT CROSS COUNTRY:** Boys run against boys and girls run against girls. Top 7 runners run in the Varsity race. All other runners run in the JV/Open race. **Each race is a 5K (3.1 miles).** Most races are on Saturdays in mid August and ending in October. Practices are Monday through Friday after school (at different locations: GCHS track, Darby Creek Metro Park and Grove City YMCA “big hill”). **NO TRYOUTS!** Last year we had 56 runners on our roster.

**WHAT TO BRING TO “OPEN RUNS” ON TUESDAYS & THURSDAYS**

*Waiver of Liability, Acknowledgment and Assumption of Risk form*  
*Mask & large water bottle*

**August 3, 2020 (MONDAY) 8:00-10:00 AM**

**First official mandatory practice @ GCHS Track**

**Must have current and up to date physical on file at GCHS to practice**