Summer Cross Country Workouts

(must have a current physical in [www.arbiterathlete.com](http://www.arbiterathlete.com) dated after April 1, 2018 in order to participate)

Dates: Monday – Friday starting June 11, 2018

Time: 6:30 am

Place: Winthrop Coliseum

Only week that no running will be held will be the week of 4th of July.

Coach’s Information:

Head Coach – Dan Johnston danjohnston@fca.org 803-493-3952

For any questions, please contact the coach or athletic department.