



## Summer Schedule Boys' Cross-Country 2019

{Calendar revisions and conditioning location changes posted on CC Team Heja App}

### May 2019

May 7: Team Meeting, 2015PM after school in Room O-201  
May 13: May Conditioning Begins, 2:45PM @ Bartram Trails (Julington-Durbin Preserve)  
May 15: Deadline for JTC Summer Camp Scholarship Applications  
May 29: Graduation, run on own

#### **May Conditioning Schedule:**

1. Monday, Wednesday, Thursday and Friday, 2:45PM @ Bartram Trails;
2. Tuesdays 2:30PM @ MHS
3. Saturday Long Runs: May 18 @ MHS 7:00AM; May 25 @ Baldwin 7:00AM

### June 2019

June 3: updated physical eligibility due on [www.athleticclearance.com](http://www.athleticclearance.com)  
June 8: Fund Raiser: Water Station @ Run for the Pies, PM  
June 10: First official day for Freshmen runners  
June 14: 6:00PM @ MHS: Track and Snack Time Trial (races, food, and Parent Meeting (6:00PM-8:00PM))

#### **June Conditioning Schedule:**

1. Monday, Wednesday, Thursday, Friday: 7:00AM @ Bartram Trails;
2. Tuesdays: 7:00AM @ MHS;
3. Varsity BIODs (By Invitational Only): Monday-Thursday 6:00PM @ MHS: Recovery, Drills and Weights
4. Saturday Long Runs, 7:00AM: June 1 @ Bartram Trails; June 8 @ Baldwin; June 15 @ St. Augustine; June 22 @ Baldwin; June 29 @ Mandarin

### July 2019

July 4: Water Station Fund Raiser, Celebration Run, AM  
July 15-20: Team CC Camp, Berry Georgia  
July 29: First Official Regular Season Practice begins

#### **July Conditioning Schedule:**

1. Monday, Wednesday, Thursday, Friday: 7:00AM @ Bartram Trails;
2. Tuesdays: 7:00AM @ MHS;
3. Varsity BIODs (By Invitational Only): Monday-Thursday 6:00PM @ MHS: Recovery, Drills and Weights
4. Saturday Long Runs: July 6 @ MHS; July 13 and July 20 @ Berry College; July 27 @ Timucuan/Fort Caroline

### August 2019

August 2-3: Water Station Fund Raiser, Tour de Pain (PM, AM, PM)  
August 10: Mustang Community and Alumni 5K  
August 12: First Day of School  
August 15: Time Trials, MHS, 7:00PM  
August 17: Water Station Fund Raiser, Summer Beaches Run, PM  
August 24: Battle of Atlanta Invitational, first meet of season

#### **August Practice Schedule**

1. August 1-9: Still on summer routines
2. August 12-31: School year schedule, Monday-Friday, PM; Saturday-Long Runs/Meets, AM
3. Varsity BIODs (By Invitational Only): Monday-Thursday 5:30AM @ MHS: Recovery, Drills and Weights