



## **Cross Country Summer Conditioning 2019**

**June 24, 26, 28** – 3:00 p.m. at Frontier Park (near playground on 6th St.)

**July 1, 3, 5** – 3:00 p.m. at Frontier Park (near playground on 6th St.)

**July 8, 10, 12** – 3:00 p.m. at Frontier Park (near playground on 6th St.)

**July 13** – 7:30 a.m. at Presque Isle Beach 2 (Breakfast to follow; Bring your swimsuits)

**July 15, 16, 17, 19** – 3:00 p.m. at Frontier Park (near playground on 6th St.)

**July 22, 23, 24, 26** – 7:30 a.m. at Frontier Park (near playground on 6th St.)

**July 29, 30, 31, & August 2** – 7:30 a.m. at Frontier Park (near playground on 6th St.)

**August 5, 6, 7, 8, 9** – 7:30 a.m. at Frontier Park (near playground on 6th St.)

**\*Mandatory practice begins on Monday, August 12 - 7:30 a.m. at Frontier Park.\***