



## **Cross Country Summer Conditioning 2018**

- **June 18, 20, 22** – 3:00 p.m. at Erie High School (Biletnikoff Field)
- **June 25, 27, 29** – 3:00 p.m. at Frontier Park (near playground on 6<sup>th</sup> St.)
- **July 2, 3, 6** – 3:00 p.m. at Erie High School (Biletnikoff Field)
- **July 11, 12, 13** – 3:00 p.m. at Frontier Park (near playground on 6<sup>th</sup> St.)
- **July 14** – 7:30 a.m. at Presque Isle Beach 2
- **July 16, 17, 18, 20** – 7:30 a.m. at Frontier Park (near playground on 6<sup>th</sup> St.)
- **July 23, 24, 25, 27** – 7:30 a.m. at Erie High School (Biletnikoff Field)
- **July 30 – August 10** – 7:30 a.m. at Frontier Park (near playground on 6<sup>th</sup> St.)

***Mandatory practice begins on Monday, August 13 at 7:30 a.m. at Frontier Park.***