



## **SOUTH HILLS CROSS COUNTRY – 2021**

Head Coach – S Navarrete

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Please Note: The Weather (heat) and the Air Quality is always being monitored, thus the practice times may vary based on this factors.

**Meet @ Weight Room near Baseball Field (near Cameron)**

### **Week 08-16-2021 thru 08-20-2020**

**Practice 2:30 to 4:30 Freshman and JV**

**Practice 2:30 to 5:00 Varsity**

**\*\* Run as warmup to Cortez Park; run back to South Hills as cool down**

### **Week 08-23-2021 thru 08-27-2020**

**Practice 2:30 to 4:30 Freshman and JV**

**Practice 2:30 to 5:00 Varsity**

**\*\* Run as warmup to Cortez Park; run back to South Hills as cool down**

### **Week 08-30-2021 thru 09-03-2020**

**TBD**

