

CROSS COUNTRY WORKOUTS FOR WEEK OF SEPT 5 -- 10, '77

Monday      Rain  
Sept. 5

Tuesday     Meet vs Parkway West & Ladue at Logan Chiropractic  
Sept. 6

Wednesday   Cal  
Sept 7       Jog to College Course  
             5 X 880, Jog 880  
             6 X 60  
             Jog home long way

Thursday     Cal  
Sept 8       Jog 2 miles  
             4 mile time trial on Aviation  
             6 X 60  
             Jog 2 miles

Friday       Cal  
Sept 9       Jog 1 mile  
             5 X 100  
             Run Bike Path

Saturday     NORTHWEST OF HOUSE SPRINGS INVITATIONAL: V, JV, & C  
Sept 10      leave SLUH at 9:00 on Spirit Bus  
             arrive House Springs at 10:00  
             Jog the Course at 10:15  
             11:00 Varsity Race      2 1/2  
             11:30 J V Race          2 1/2  
             12:00 C Race            1 1/2  
             12:30 Girls Race        1 1/2  
             1:00 Awards  
             2:30 -3:00 Spirit Bus returns to SLUH  
                         Bus will stop at McDonalds on way home,  
                         bring some money.

SAINT LOUIS U. HIGH CROSS COUNTRY WORKOUTS FOR SEPT. 19 -- 24, 77

Monday, Sept. 19

Cal  
Jog 2  
2 X 200 Sprints  
Run 2 1/2 on our New Course  
2 X 200  
Jog 2

Tuesday, Sept. 20

V, B, C vs. DuBourg  
Buss to Wilmore Park

Wednesday, Sept. 21

Cal  
Jog 2  
10 X 440  
Run 2 1/2  
Up hill sprints  
Jog

Thursday, Sept 22

Cal  
Jog to College Course  
XXXXXX  
3 X 5 X 10 Relay Race SIXTH ANNUAL  
Jog home

Friday, Sept 23

Cal  
Jog to Canoe Lake  
"Pavillion hill"  
30X30X30  
Jog home

Saturday, Sept 24

SECOND ANNUAL GREEN HILLS ROAD RUN