

Seaside Cross Country

**PRESEASON
TRAINING**

**MIDDLE SCHOOL
BOYS & GIRLS**

7:30 - 8:30AM

Monday, July 27th @ Watercolor lot

7:30 - 8:30AM

Thursday, July 30th @ Watercolor lot

7:30 - 8:30AM

Monday, August 3rd @ Watercolor lot

7:30 - 8:30AM

Thursday August 6th @ Watercolor lot

NO PRACTICE WEEK OF AUGUST 10TH-14TH

2:45 - 3:45PM

Monday, August 17th @ SNS

2:45 - 3:45PM

Tuesday, August 18th @ SNS

2:45 - 3:45PM

Thursday, August 20th @ SNS

***Athletic Clearance required
before preseason.**
More Info:
rylandc@seasideschools.net

**Practice will continue Mon,
Tues, Thurs 2:45-3:45 @ SNS
through season & Tuesday
meets beginning Sept 1st.**