

August 2026 LHS practice schedule.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 Altamont Creek, 8:00 AM	4 Altamont Creek, 8:00 AM	5 Altamont Creek, 8:00 AM <i>Strength</i>	6 Kellman Fields, 8:00 AM	7 Kellman Fields, 8:00 AM	8 <u>Sycamore Grove</u> <u>2-mile time trial.</u> 7:00 AM
9	10 First day of LHS CC practice: Altamont Creek, 8:00 AM	11 Kellman Fields, 8:00 AM	12 First day of school LHS, 4:30 PM <i>Strength</i>	13 LHS, 4:30 PM PARENTS MEETING, 5:30 PM	14 LHS, 4:30 PM	15 Altamont Creek, 8:00 AM
16	17 LHS, 4:30 PM (6:00 AM for Varsity, at Altamont Creek)	18 LHS, 4:30 PM <i>Strength</i>	19 LHS track, 7:30 PM (6:00 AM for Varsity, at Altamont Creek)	20 LHS, 4:30 PM	21 LHS, 4:30 PM	22 Kellman Fields, 8:00 AM
23	24 LHS, 4:30 PM (6:00 AM for Varsity, at Altamont Creek)	25 LHS, 4:30 PM	26 LHS track, 7:30 PM	27 LHS, 4:30 PM	28 Altamont Creek, 4:30 PM	29 Scrimmage at Hayward High School TBA
30	31 LHS, 4:30 PM (6:00 AM for Varsity, at Altamont Creek)					