

# Northwest Girls Cross Country

*"Inhale confidence, exhale doubt"*

Must have physical turned into activities office and blue card turned into Coach Guilford before you are allowed to practice

Date	Time	Location
8/9	8-9:30am	Northwest High School track
8/10	8-9:30am	Fenton Park Basketball Courts
8/11	8-9:30am	Woodridge Middle School
8/12	8-9:30am	Valley Middle School
8/13	8-9:30am	Arnolds Grove(Valley Park)
8/16	3-4:30pm	Northwest High School
8/17	3-4:30pm	Pleasant Valley
8/18	6-7:30pm	Woodridge(Penny Relay)
8/19	3-4:30pm	Northwest High School
8/20	6-7:30pm	Early Childhood Center(Time Trial)
8/23	10-11:30am	Arnolds Grove(Valley Park)
8/24	2:40-4:30p m	First day of school. Practice everyday at 2:40-4:30