

Northwest Girls Cross Country
Practice Schedule

Date	Time	Location
8/8	8:00 am	NHS Track
8/9	8:00 am	Woodridge Middle School
8/10	8:00 am	Valley Middle School Track
8/11	8:00 am	Arnolds Grove(Valley Park)
8/12	8:00 am	Kircher Park(Eureka)
8/15	4:00 pm Practice 6:00 pm Parents meeting at NHS	NHS
8/16	3:00 pm	Valley Middle School
8/17	6:00 pm	Woodridge Middle School
8/18	3:00 pm	Valley Middle School
8/19	3:00 pm	Woodridge Middle School
8/22	10:00 am	Kircher Park(Eureka)
8/23(First day of school)	2:40 pm	NHS Track

- Make sure to have a physical turned in to the activities office and a blue card turned in to Coach Guilford by the 1st practice
- Practice will be everyday after school until 4:40