



Trojan Cross Country

Schedule for the week of October 19th

Monday	Tuesday	Wednesday	Thursday	Friday
Practice @MS 3:25 – 4:30 Medium Run	Practice @HS 3:15 – 4:15 Short Run	District Meet @HSB 1:50 Dismissed 2:00 Load bus @HS 4:00 JV Race 4:40 Varsity Girls 5:15 Varsity Boys 7:00 Return to HS	Practice @HS 3:15 – 4:45 Medium Run	Practice @MS 3:25 – 4:45 Mix Workout or Long

Girls District Goals

8/8 PRs

23:30 AVG

Top 2 finish/State Berth

Boys District Goals

10/10 PRs

18:50 AVG

Top 4 finish/State Berth