

2022 Long Course Practice Schedule						
		Monday	Tuesday	Wednesday	Thursday	Friday
Location	Memorial	Memorial	Memorial	Memorial	Memorial	Memorial
Memorial 10/Unders	6:30am-7:30am			6:30am-7:30am		6:30am-7:30am
Memorial 11-14	6:00am-8:00am	6:00am-8:00am	6:00am-8:00am		6:00am-8:00am	6:00am-8:00am
Location	Mountainside	Mountainside	Mountainside	Memorial	Mountainside	Mountainside
Mountainside 14-18	7:00am-9:00am	7:00am-9:00am	7:00am-9:00am	6:00am-8:00am	7:00am-9:00am	7:00am-9:00am
2022 Long Course Dryland Schedule						
		Monday	Tuesday	Wednesday	Thursday	Friday
Location			Memorial Parking Lot			
Memorial 11-14			8:15am-9:00am			
Location			Mountainside Parking Lot		Mountainside Parking Lot	
Mountainside 14-18			6:00am-6:45am		6:00am-6:45am	