

# AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3 6:30-8:00AM Run from Cadence Running, Shoe Day 8- 10
4	5 2:30-4:15pm OFFICIAL SEASON STARTS Must be cleared	6 5:00-6:40AM Practice	7 5:00-6:40AM Conditioning	8 2:30-4:15PM Practice	9 5:00-6:40AM Conditioning	10 5:30-7:00 Practice Tumbleweed 7:00- 8:00 Parent Meeting/Breakfast
11	12 2:30-4:15PM Practice	13 5:00-6:40AM Practice	14 5:00-6:40AM Practice	15 2:30-4:15PM Practice	16 \$25 Evening Race 5:00-6:40AM Practice	17
18	19 Tentative Deadline for California fee 2:30-4:15PM Practice	20 5:00-6:40AM Practice	21 5:00-6:40AM Practice	22 2:30-4:15PM Practice	23 5:00-6:40AM TRIAL TIME	24 5:30-7:00AM TBD
25	26 2:30-5:15PM Discovery Park (Bus)	27 5:00-6:40AM Practice	28 5:00-6:40AM Practice	29 2:30-4:15PM Practice	30 5:00-6:40AM Practice	31 Chandler Invitational- Tumbleweed

**Notes: Must be cleared by the Athletic Office to practice starting August 5th!**