

# 2024 Summer Training

## Voluntary Practice

## Mandatory Practice

**Physicals and Medical Forms must be turned in on RankOne**

Monday June 10	7:00 AM	Bus to Trail	Monday July 29	7:00 AM	Bus to Trail
Wednesday June 12	7:00 AM	Eaton HS Track	Wednesday July 31	7:00 AM	Eaton HS Track
Thursday June 13	7:00 AM	Bus to Trail	Thursday August 1	7:00 AM	Bus to Trail
Friday June 14	7:00 AM	Eaton HS Track	Friday August 2	7:00 AM	Eaton HS Track
Monday June 17	7:00 AM	Bus to trail	<b>Training Camp:</b>		
Wednesday June 19	7:00 AM	Eaton HS Track	Monday August 5	7:00 AM	Bus to Trail
Thursday June 20	7:00 AM	Bus to trail	Tuesday August 6	7:00 AM	Eaton HS Track
Friday June 21	7:00 AM	Eaton HS Track	Wednesday August 7	7:00 AM	Eaton HS Track
Monday June 24	7:00 AM	Bus to Trail	Thursday August 8	7:00 AM	Pre-season race day!
Wednesday June 26	7:00 AM	Eaton HS Track	Friday August 9	7:00 AM	Eaton HS Track
Thursday June 27	7:00 AM	Bus to Trail	Monday August 12	7:00 AM	Bus to Trail
Friday June 28	7:00 AM	Eaton HS Track	Tuesday August 13	7:00 AM	Eaton HS Track
Monday July 1	7:00 AM	Bus to Trail	Wednesday August 14	7:00 AM	Eaton HS Track
Tuesday July 2	7:00 AM	Eaton HS Track	Thursday August 15	7:00 AM	Eaton HS Track
Wednesday July 3	7:00 AM	Eaton HS Track	Friday August 16	7:00 AM	Eaton HS Track
<b>Thursday July 4</b>		<b>Go find a local 5K to race!</b>	Saturday August 17	7:00 AM	Race Day
Monday July 15	7:00 AM	Bus to Trail	<b>Make sure you are on our SportsYou page for announcements: XDYF-4T8T</b>		
Wednesday July 17	7:00 AM	Eaton HS Track			
Thursday July 18	7:00 AM	Bus to trail			
Friday July 19	7:00 AM	Eaton HS Track			
Monday July 22	7:00 AM	Bus to Trail			
Wednesday July 24	7:00 AM	Eaton HS Track			
Thursday July 25	7:00 AM	Eaton HS Track			
Friday July 26	7:00 AM	Eaton HS Track			

