



SCHS Girls X-Country Practice Times

Practice times during the season will be during 6th period and run after school until about 4pm on Mondays.

On Tuesday and Thursday, we will practice during our Per 6 block class from 1pm to 3:15pm.

On Wednesday and Friday, we will practice from 3pm to 4:30 pm.

Practices usually last no longer than two hours. **DO NOT** schedule appointments during practices.

After the season is over in November, our class will meet only during our 6th period allotted time period during the day.