

# **Cross-Country Schedule 2024**

## **August**

19      Monday  
21      Wednesday  
23      Friday  
26      Monday  
28      Wednesday

## **September**

4      Wednesday  
5      Thursday (In-house cross-country meet @ Arrowhead Park. **More details to follow**)  
6      Friday  
9      Monday  
11      Wednesday  
13      Friday  
16      Monday  
18      Wednesday  
20      Friday ICE CREAM RUN  
23      Monday ICE CREAM RUN

**\*Ice-cream run: We run to Cold Stone Creamery, buy ice-cream (or whatever they choose. Runners may go to Starbucks instead), eat at CSC, and WALK back to WJHS. Runners should bring \$5.00-\$8.00. There will be a sign-up sheet for ONE of the two days. I split the ice-cream run into two days to allow everyone the opportunity to attend.**