

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY 24 summer camp starts 7:00 AM At KHS	25 7:00 AM/KHS	26 7:00 AM/KHS	27 7:00 AM/KHS	28 7:00 AM/KHS King alum Carissa Bowman to speak at practice	29 7:30 AM at Gage Canal
31 7:00 AM/KHS 6:00 PM/ 2 nd run - varsity level runners	AUGUST 1 7:00 AM/KHS Former MLB player to speak at practice. Bowling Tournament 5:00 PM	2 7:00 AM/KHS Mammoth meeting at KHS 6:30 PM 5:30 pm 2 nd run - varsity	3 7:00 AM/KHS 3 mile TT #1 6:00 pm 2 nd run - varsity	4 7:00 AM/KHS Angel Game 7:00 PM	5 No Camp practice Mammoth group leaves tomorrow
7 Mammoth Day 2	8 Mammoth day 3	9 Mammoth day 4	10 Mammoth day 5	11 Mammoth day 6	12 Mammoth day 7. return to King by 5:00PM
14 7:00 AM/KHS 6:00 pm 2 nd run - varsity	15 7:00 AM/KHS	16 7:00 AM/KHS 6:00 pm 2 nd run - varsity	17 7:00 AM/KHS 3 mile TT #2 6:00 pm 2 nd run - varsity	18 7:00 AM/KHS	19 7:00 AM At Bonamino Park – Run, Breakfast, Play
20 7:00 AM/KHS Alum and Skechers runner to talk 6:00 pm 2 nd run - varsity	21 6:30 AM at KHS due to teacher meetings 6:00 pm 2 nd run - varsity	22 6:30 AM FINAL TIME TRIAL – TEAM SELECTIONS POSTED	23 1 st Day of Season Practice at 6:30 am Required 6:00 pm 2 nd run - varsity	24 Required practice Freshmen 1 st day – 9 th graders are excused	25 Required practice at 7:00 AM at the Gage Canal
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