

University High School
Cross Country
Summer Runs Schedule



Seniors – Juniors – Sophomores

We will meet every Monday, Tuesday, and Thursday
from June 5 thru July 31

MONDAYS

Meet at U-High at 7:00 am for team run
Weight room open after the run until 10:30 am

TUESDAYS

Meet at Rosa Parks Commons
(located on Raab Rd in north Normal)
at 6:00 pm for team run

THURSDAYS

Meet at U-High at 7:00 am for team run
Weight room open after the run until 10:30 am

FRESHMEN

Please join us for the above activities any day BEGINNING July 6

For more information, check out our team website:

<http://uhigh.illinoisstate.edu/blogs/crosscountry>

or e-mail one of our head coaches:

Coach Hampton - ldhampt@ilstu

Coach Neisler – jmneisl@ilstu.edu