Air Academy Cross Country-Weekly Events for week #2 – August 19-24,2019

Monday: Practice at AAHS-3:03-5:00. Meet on Track at 3:00. We will run 1000s on the Santa Fe Trail.

Monday night Athletic Department Parent Meeting beginning at 6:30 in the big gym. Breakout sessions for all sports at 7:00. Cross Country will meet in the cafeteria from 7:00-8:00. Topics: meet and greet, team policies, season schedule, transportation, Desert Twilight, FAQs.

Tuesday: Practice at AAHS-3:03-5:00m Meet on Track at 3:00. Easy run over hilly route. Uniform handout.

Tuesday night Open House at Air Academy HS: Start Time is 6:00. (6:00-8:15pm).

Wednesday: Practice at AAHS-3:03-5:00. Meet on track at 3:00. We will have a shorter, hard/medium hard workout of reps. Uniform handout.

Thursday: Practice at AAHS-3:03-5:00. Meet on track at 3:00. Uniform handout. Pre-Meet workout.

Friday: Cheyenne Mtn. Stampede at Norris-Penrose Events Center. Start/Finish area is south of stadium. Finish is inside the stadium. A whole summary of details will be published this week. We do have a 1 way bus for the meet that will be leaving from AAHS at 1:00 from behind the school. Athletes will need to ARRANGE FOR A RIDE HOME FROM THE MEET! Our first race will be at 2:30 pm with girls JV. Here is a link to a schedule of all of the races:

<http://www.cmstampede.com/race-schedule>

Saturday: Practice is TBA. We will let you know by Tuesday and we will have extensive meet information for Friday out by mid-week.