



July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1 Summer run Highbanks 7:30 AM - 9:15 AM	2 Summer run Highbanks 7:00 PM - 8:45 PM	3 Summer run Below Dam Picnic Area 7:30 AM - 9:15 AM	4 Fourth of July No Practice 	5	6 
7	8 Summer run Highbanks 7:30 AM - 9:15 AM OYAA Meet OSMS 6:30 PM	9 Summer run Highbanks 7:00 PM - 8:45 PM	10 Summer run BDPA 7:30 AM - 9:15 AM	11 Summer run Shanahan Track 7:00 PM - 8:45 PM OYAA	12	13 Be sure that your Physical is up-to-date !!
14	15 Summer run Highbanks 7:30 AM - 9:15 AM	16 Summer run Highbanks 7:00 PM - 8:45 PM	17 Summer run BDPA 7:30 AM - 9:15 AM	18 Summer run Shanahan Track 7:00 PM - 8:30 PM OYAA Meet 6:30 PM OSMS	19	29
21	22 Summer run Highbanks 7:30 AM - 9:15 AM	23 Summer run Highbanks 7:00 PM - 8:45 PM	24 Summer run BDPA 8:30 AM - 10:15 AM	25 Summer run Highbanks 7:00 PM - 8:45 PM	26	27 Coach Dewese 614-561-4907 Coach Sosa 614-592-7484
28	29 Summer run Highbanks 7:30 AM - 9:15 AM	30 Summer Camp Camp Lazarus 8:00 AM	31 Summer Camp Camp Lazarus 8:00 AM	1 Mandatory Practice Begins Highbanks 7:30 AM - 9:15 AM	2 Practice Highbanks 7:30 AM - 9:15 AM	Coach Whalen 614-793-9331