

Cross Country

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Practice at Moshier 10 am	Weight Room 10 AM.	Practice at Moshier 10 am	Weight Room 10 AM.	Practice at Moshier 10 am		
19	20	21	22	23	24	25
Practice at Moshier 10 am	Weight Room 10 AM.	Practice at Moshier 10 am	Weight Room 10 AM.			
26	27	28	29	30		

JUNE

2016

1 2 3 4 5 6 7
 8 9 10 11 12 13 14
 15 16 17 18 19 20 21
 22 23 24 25 26 27 28
 29 30 31

1 2
 3 4 5 6 7 8 9
 10 11 12 13 14 15 16
 17 18 19 20 21 22 23
 24 25 26 27 28 29 30
 31

MAY 2016

JULY 2016

NOTES:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Moshier Field 10 AM	1 2
	Moshier Field 10 AM	Weight Room 10 AM.	Moshier Field 10 AM	Weight Room 10 AM.	Moshier Field 10 AM	3 4 5 6 7 8 9
	Moshier Field 10 AM	Weight Room 10 AM.	Moshier Field 10 AM	Weight Room 10 AM.	Moshier Field 10 AM	10 11 12 13 14 15 16
	Moshier Field 10 AM	Weight Room 10 AM.	Moshier Field 10 AM	Weight Room 10 AM.	Moshier Field 10 AM	17 18 19 20 21 22 23
	Running Camp at North Seatac Park. 9:30-1:30	Running Camp at North Seatac Park. 9:30-1:30	Running Camp at North Seatac Park. 9:30-1:30	Running Camp at North Seatac Park. 9:30-1:30	Running Camp at North Seatac Park. 9:30-1:30	24 25 26 27 28 29 30
31						

JULY

2016

1	2	3	4	1	2	3	4	5	6				
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	28	29	30	31					

NOTES:

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