



2023 ANDERSON SUMMER CROSS COUNTRY & DISTANCE WORK-OUTS

LOCATION: ANDERSON TRACK & FIELD

Date	Time
Tuesday, June 20	6:30 - 8:00 AM
Wednesday, June 21	6:30 - 8:00 AM
Thursday, June 22	6:30 - 8:00 AM
Tuesday, June 27	6:30 - 8:00 AM
Wednesday, June 28	6:30 - 8:00 AM
Thursday, June 29	6:30 - 8:00 AM

All practices will be at the Anderson High School track.

All runners must have a completed 2023-2024 physical and all online forms completed on austinisd.rankonesport.com before they are allowed to practice.

Please email Coach Chavez at jose.chavez@austinisd.org or call 956-600-9678 if you have any questions.

There will not be practice if there is inclement weather.

Thank you,
Coach Chavez
Anderson XC