

# **2010 AHS Cross Country Practice Schedule**

## **2010 Ames High Boys Cross Country Practice schedule:**

Mon. August 9, 6:30 AM and 3:30 PM

Tues. August 10, 3:30 PM

Wed. August 11, 6:30 AM and 3:30 PM

Thurs. August 12, 3:30 PM

Fri. August 13, 6:30 AM and 3:30 PM

Sat. August 14, 6:30 AM

**Meet @ AHS behind the Tennis  
courts...**

**Beginning Mon August 16, every  
weekday @ 3:30 and Saturdays @  
6:30 AM**