

Piedmont Athletic Club

Cross Country
2019

Practices are at Fernhill Park Track unless otherwise noted.

Fall 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 1	2 No Practice	3	4 Practice 6-7:15pm	5	6	7
8	9 Practice 6-7:15pm	10	11 Practice 6-7:15pm	12	13	14
15	16 Practice 6-7:15pm	17	18 Practice 6-7:15pm	19 Foot Traffic Overlook Park 4:30 – 6:30p	20	21
22	23 Practice 6-7:15pm	24	25 Practice 6-7:15pm	26 Foot Traffic Overlook Park 4:30 – 6:30p	27	28
29	30 Practice 6-7:15pm	Oct 1	2 *Time Change* Practice 5:30-6:45p	3	4	5
6	7 Practice 5:30-6:45p	8	9 Practice 5:30-6:45p	10 Foot Traffic Overlook Park 4:30 – 6:30p	11	12
13 Delta Park \$5 5K	14 Practice 5:30-6:45p	15	16 Practice 5:30-6:45p	17 Foot Traffic Overlook Park 4:30 – 6:30p	18	19
20	21 Practice 5:30-6:45p	22	23 Practice 5:30-6:45p	24 Foot Traffic Overlook Park 4:30 – 6:30p	25	26

