

AMS CROSS COUNTRY SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 A-K Practice 7:15-8:15 AM	1 L-Z Practice 7:15-8:15	2 A-K Practice 7:15-8:15 AM	3 L-Z Practice 7:15-8:15	4 Run on your own	5	6
7 Holiday	8 All Practice 7:15-8:15	9 Brewer Invitational Bus leaves at 2:30	10 No Early Morning Practice	11 All Practice 7:15-8:15	12	13
14 All Practice 7:15-8:15	15 All Practice 7:15-8:15	16 Lipan Invitational Bus leaves at 2:30	17 No Early Morning Practice	18 All Practice 7:15-8:15	19	20
21 All Practice 7:15-8:15	22 All Practice 7:15-8:15	23 All Practice 7:15-8:15	24 All Practice 7:15-8:15	25	26 *Burleson Centennial Spartan Invitational Departure: TBD	27
28 All Practice 7:15-8:15	29 All Practice 7:15-8:15	30 Brock Invitational Bus leaves at 2:45	1 No Early Morning Practice	2 All Practice 7:15-8:15		

