

# Oswego East Boys Cross Country

1<sup>st</sup> – Register at <https://oswegoeast.8to18.com/accounts/login>

2<sup>nd</sup> – Have current physical on file with the Athletic Director’s Office

3<sup>rd</sup> – Submit the Rush-Copley Consent Form to the Athletic Director’s Office

Website: oehsdistance.weebly.com

Instagram: oesh\_distance

Twitter: @oehs\_distance

| <b>Practice:</b>             |                    | <b>Cross Country</b>            |
|------------------------------|--------------------|---------------------------------|
| Monday                       | 2:45-5:30pm        | Practice                        |
| <i>Tuesday</i>               | <i>6:00-6:45am</i> | <i>Practice</i>                 |
| Tuesday                      | 2:45-5:30pm        | Practice                        |
| Wednesday                    | 3:30-5:30pm        | Practice                        |
| <i>Thursday</i>              | <i>6:00-6:45am</i> | <i>Pool Practice</i>            |
| Thursday                     | 2:45-5:30pm        | Practice                        |
| Friday                       | 2:45-5:30pm        | Practice                        |
| Saturday<br>+ No School Days | 9:00-11:00am       | Practice                        |
| Weekdays                     | 4:30-6:00pm        | Training room open for recovery |

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