

# GXC Practice Times & Locations 2024



We will be meeting Monday through Saturday starting on August 12th. GXC will meet on the Track located on the east side of the Winnetka Campus at 8:00 AM from August 12th through August 17th.

- All groups will meet at Winnetka at 3:00 on August 19<sup>th</sup> & 20<sup>th</sup>.
- GXC will meet after school at each student's respective campus (3:25 on the NF Campus and 3:45 on the Winnetka Campus) from August 21st through the end of the season.
- Freshmen will take a shuttle to Winnetka for team practice on Fridays.
- Saturday practice will remain at 8:00 am on days that we do not have meets.
- Practices are usually about 1 hour and 45 minutes. We will not hold practice on religious holidays.