

Date	Day	Event
6/11/24	Tues	3K
6/18/24	Tues	Mile
6/25/24	Tues	800
7/3/24	Wed	400
7/9/24	Tues	100/200
7/16/24	Tues	15K
7/23/24	Tues	4x400 Relay
7/30/24	Tues	5K
8/6/24	Tues	4x800 Relay
8/13/24	Tues	8K
8/20/24	Tues	4x200 Relay
	tba	Onondaga Lake Park?

FIRST HEAT STARTS PROMPTLY AT NOON EACH WEEK.