

# Summer Elite XC Running Program

July 1<sup>st</sup> to August 31<sup>st</sup> – Every Tuesday and Thursday

- **Age Group :** The athlete must be going into Grade 8 or older
- **There is no cost**
- **Click the Calendar Tab on the website for the training times and locations for the practices**
- **For any further information, contact the XC Running Program Coordinator, Jon Pratt at: [jp.ppf@hotmail.com](mailto:jp.ppf@hotmail.com)**