

## 2016 Trinity Cross Country Summer Running Session Schedule:

*All summer running sessions are optional, they are on Mondays and Thursdays and they will run from 7:00-8:30pm unless noted. Bring your friends! The invitation to run is for any Trinity students, alumni and friends of CC team members.*

**Monday, June 13th** - at former Trinity School Site (now Evergreen Community Church in Bloomington, MN)  
**Thursday, June 16th** - at Minnehaha Falls - meet at parking lot by Sea Salt (4801 Minnehaha Ave Minneapolis, MN)  
**Monday, June 20th** - at Thompson County Park - meet by Activity Center (1200 Stassen Lane, West St. Paul, MN)  
**Thursday, June 23rd** - at Lebanon Hills Regional Park - Jensen Lake entrance (4601 120th St W, Apple Valley, MN)  
**Monday, June 27th** - at Battle Creek Regional Park - meet by aquatic center (2401 Upper Afton Road, Newport, MN)  
**Thursday, June 30th** - at former Trinity School Site (now Evergreen Community Church in Bloomington, MN)  
**\*Tuesday, July 5th** - at Minnehaha Falls - meet at parking lot by Sea Salt (4801 Minnehaha Ave Minneapolis, MN)  
**\*Thursday, July 7th** - at Thompson County Park - meet by Activity Center (1200 Stassen Lane, West St. Paul, MN)

**§Saturday, July 9th** - Cross Country Camp Night at Coach Schoen's house - 4:00-9:00pm  
(USA Track & Field Olympic Trials viewing party with food and ultimate frisbee - 18173 Dunbury Ave Farmington, MN)  
**Monday, July 11th** - at Trinity School (601 River Ridge Parkway, Eagan, MN)  
**Thursday, July 14th** - at Lebanon Hills Regional Park - Jensen Lake entrance (4601 120th St W, Apple Valley, MN)  
**Monday, July 18th** - at former Trinity School Site (now Evergreen Community Church in Bloomington, MN)  
**Thursday, July 21st** - at Battle Creek Regional Park - meet by aquatic center (2401 Upper Afton Road, Newport, MN)  
**Monday, July 25th** - at Minnehaha Falls - meet at parking lot by Sea Salt (4801 Minnehaha Ave Minneapolis, MN)  
**Thursday, July 28th** - at Lebanon Hills Regional Park - Jensen Lake entrance (4601 120th St W, Apple Valley, MN)  
**§Friday, July 29th** - Cross Country Camp Night at Trinity - 6:00-9:00pm  
(open to all Trinity runners and potential runners - games, contests, running, introduction to cross country and snacks)  
**\*Monday, August 1st** - at Thompson County Park - meet by Activity Center (1200 Stassen Lane, West St. Paul, MN)

**\*Thursday, August 4th** - at Lebanon Hills Regional Park - Jensen Lake entrance (4601 120th St W, Apple Valley, MN)  
**\*Monday, August 8th** - at former Trinity School Site (now Evergreen Community Church in Bloomington, MN)  
**\*Tuesday, August 9th** - at Trinity School (601 River Ridge Parkway, Eagan, MN)  
**\*Thursday, August 11th** - at Minnehaha Falls - meet at parking lot by Sea Salt (4801 Minnehaha Ave Minneapolis, MN)

**\*Friday, August 12th** - at Lebanon Hills Regional Park - Jensen Lake entrance (4601 120th St W, Apple Valley, MN)  
**Monday, August 15th** from 8:00-10:00am - Official High School Practice Begins - at Trinity School

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\* - denotes Summer Running Sessions that are led as Captains Practices (no coaches present)  
§ - denotes special events that we hope cross country runners will participate in over the summer

Minnesota High School League rules prohibit coaching of students from July 2nd – July 8th and also from August 1st until official school season practices start on August 15th.

No coaches will be at anything during the no contact period of early July or anything in August. Kids just asked to have a common place to meet for a run on those dates.