



2018 St. Joseph Jaguar Summer Running Schedule

DATE	DAY	TIME	LOCATION	WORKOUT	ATTENDEES
JUN 4	MON	6:00 PM	Stranahan Elementary	Base	7-8 Grade Only
JUN 5	TUES	6:00 PM	Secor Metropark	Base	All
JUN 7	THUR	6:00 PM	Stranahan Elementary	Base	7-8 Grade Only
JUN 9	SAT	9:00 AM	Olander Park	Base	All
JUN 11	MON	6:00 PM	Stranahan Elementary	Long (15-20 min)	7-8 Grade Only
JUN 12	TUES	6:00 PM	Secor Metropark	Base	All
JUN 14	THUR	6:00 PM	Stranahan Elementary	Base	7-8 Grade Only
JUN 16	SAT	9:00 AM	Olander Park	Base	All
JUN 18	MON	6:00 PM	Stranahan Elementary	Long (20-25 min)	7-8 Grade Only
JUN 19	TUES	6:00 PM	Secor Metropark	Base	All
JUN 21	THUR	6:00 PM	Stranahan Elementary	Base	7-8 Grade Only
JUN 23	SAT	9:00 AM	Olander Park	Base	All
JUN 25	MON	6:00 PM	Stranahan Elementary	Long (25-30 min)	7-8 Grade Only
JUN 26	TUES	6:00 PM	Secor Metropark	Base	All
JUN 28	THUR	5:00 PM	Stranahan Elementary	Base	7-8 Grade Only
JUN 30	SAT	9:00 AM	Olander Park	Base	All
JUL 2	MON	6:00 PM	Secor Metropark	Base	All
JUL 5	THUR	6:00 PM	Stranahan Elementary	Base	7-8 Grade Only
JUL 7	SAT	9:00 AM	Olander Park	Base	All
JUL 9	MON	6:00 PM	Stranahan Elementary	Long (30-35 min)	7-8 Grade Only
JUL 10	TUES	6:00 PM	Secor Metropark	Base	All
JUL 12	THUR	6:30 PM	Centennial Terrace	Special Event	All
JUL 14	SAT	9:00 AM	Olander Park	Base	All
JUL 16	MON	6:00 PM	Stranahan Elementary	Long (35-40 min)	7-8 Grade Only
JUL 17	TUES	6:00 PM	Secor Metropark	Base	All
JUL 18	WED	6:00 PM	Stranahan Elementary	Tempo	7-8 Grade Only
JUL 19	THUR	6:00 PM	Harroun Park	Hills	All
JUL 21	SAT	9:00 AM	Olander Park	Base	All
JUL 23	MON	6:00 PM	Stranahan Elementary	Long (35-40 min)	7-8 Grade Only
JUL 24	TUES	6:00 PM	Secor Metropark	Base	All
JUL 25	WED	6:00 PM	Stranahan Elementary	Tempo	7-8 Grade Only
JUL 26	THUR	6:00 PM	Harroun Park	Hills	All
JUL 28	SAT	9:00 AM	Olander Park	Base	All
JUL 30	MON	6:00 PM	Stranahan Elementary	Long (40-45 min)	7-8 Grade Only
JUL 31	TUES	6:00 PM	Secor Metropark	Base	All
AUG 1	WED	6:00 PM	Stranahan Elementary	Tempo	7-8 Grade Only
AUG 2	THUR	6:00 PM	Harroun Park	Hills	All
AUG 4	SAT	9:00 AM	Olander Park	Base	All
AUG 6	MON	6:00 PM	Stranahan Elementary	Long (45-50 min)	7-8 Grade Only
AUG 7	TUES	6:00 PM	Secor Metropark	Base	All
AUG 8	WED	6:00 PM	Stranahan Elementary	Tempo	7-8 Grade Only
AUG 9	THUR	6:00 PM	Harroun Park	Hills	All
AUG 11	SAT	9:00 AM	Olander Park	Base	All
AUG 13	MON	6:00 PM	St. Pat's Heatherdowns	Coaches Certification	
AUG 14	TUES	6:00 PM	Pacesetter Park	First Practice!!	All
AUG 18	SAT	9:00 AM	Olander Park	Base	All
AUG 25	SAT	9:00 AM	Olander Park	Base	All

Stranahan Elementary - meet at Shelter Area by playground in back of the school

Secor Metropark - meet at Nature Photography Center

Olander Park - meet at Shelter Area on West side of the lake

Harroun Park - meet at Shelter Area near the parking lot