

Owasso Distance Squad – Week Eleven Schedule

Monday – 02/07/25

2:00 – 4:30 – HS practice

3:15 – 4:30 – JH practice

6:00 – 7:00 – Monthly Booster Club Meeting at Track/XC Fieldhouse

Tuesday – 02/11/25

6:45 – 7:30 – Required Weight Room for ALL HS runners

2:00 – 4:30 – HS practice

No JH Practice – Coaches will be working at Home Basketball Games

Wednesday – 02/12/25

2:00 – 4:00 – HS practice

Thursday – 02/13/25

6:45 – 7:30 – Required Weight Room for ALL HS runners

2:00 – 4:30 – HS practice

3:15 – 4:30 – JH practice

7:00–8:00 – HS Parent Meeting at Owasso 8th Grade Center Media Center

Friday – 02/14/25

2:00 – 4:00 – HS practice

Saturday – 02/08/25

8:00 – 10:30 – HS practice/Long Run at Stone Canyon Elementary: There will be no bus; practice will begin and end at Stone Canyon.