

RJH Cross-Country 2023

Registration: If you want to participate on the cross-country team, you need to register at this link.

<https://eventlink.com/login/>

*You also must have a new physical completed by your doctor.

Summer Conditioning: There will be optional but encouraged summer conditioning starting on Tuesday, July 11th, and be on Tuesdays, Wednesdays, and Thursdays from 8:00-9:00 a.m. at RJH. Drop off for summer conditioning will be in the back parking lot near the basketball courts.

Required Practices: Required practices will begin on Monday, August 7th. Required practices will be from 4:15-5:30/5:45 each day after school.



Questions: Contacts:

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