



Girls on the Run[®]

of Ottawa and Allegan Counties



Hamilton Middle Practice Schedule

Lesson	Tuesday/Thursday
TIME	2:55-4:25 PM
1	T-3/21
2	TH-3/23
3	T-3/28
4	TH-3/30
5	T-4/11
6	TH-4/13
7	T-4/18
8	TH-4/20
9	T-4/25
10	TH-4/27
11	T-5/2
12	TH-5/4
13	T-5/9
14	TH-5/11
15	T-5/16
16	TH-5/18
17	T-5/23
18	TH-5/25
19	T-5/30
20	TH-6/1
5K	Saturday, June 3
21*	T-6/6

If school is cancelled due to weather or any other issue, practice will be cancelled as well. Please check with your coach if you are unsure if practice will be held.