CENTRAL DAUPHIN CROSS COUNTRY

SUMMER RUNNING LOG BOOK FOR:

(Name)

- (year)

| Week | 1 | 2 | 3 | 4 | 5 | Total |
|---------|---|---|---|---|---|-------|
| Miles | | | | | | |
| Minutes | | | | | | |

| Week | 6 | 7 | 8 | 9 | 10 | Total |
|---------|---|---|---|---|----|-------|
| Miles | | | | | | |
| Minutes | | | | | | |