



• Mifflin X-Country •

Important Dates

XC

Free Physicals

**June 4th
9am-1pm**

**Outpatient
Care East**

**243
Taylor
Ave.**

Boys workouts 4pm At Mifflin

July 5, 7

July 12, 14, 16

July 19, 21, 23

Girls workouts 4pm At Mifflin

July 6, 8

July 11, 13, 15

July 18, 20, 22

August 1, 2022 the season begins!