

SEGERSTROM CROSS COUNTRY

Summer Practices

Dates: June 29, 2026 - August 4, 2026
Time: 7:00am - 9:30am (Monday - Saturday)

Location: Track (M-F) Hills* (S)
***Locations TBA**

Questions? Email Daniel.Sanchez2@SAUSD.US
Instagram: [@JaguarsXC](https://www.instagram.com/JaguarsXC)

- Athletes must be cleared **BEFORE** participating.
Online Athletic Clearance Packet (jagathletics.us)

- Physicals must be dated on May 1, 2026 or after.
(Select Cross Country and Track and Field)

- Come dressed in running clothes and running shoes!

- Any experience is welcomed!

- Bring a snack and water!

