

A Hot August Friday with HOD on the Thunderhill 3 Mile - August 20, 2021

Current Schedule as of 8:00 AM

Time	Group
9:00 AM	D
9:20 AM	B
9:40 AM	C
10:00 AM	A
10:25 AM	D
10:50 AM	B
11:15 AM	C
11:40 AM	A
12:00 PM	D
12:20 PM	B
12:40 PM	Track Cold
1:40 PM	C
2:00 PM	A
2:20 PM	D
2:40 PM	B
3:00 PM	C
3:20 PM	A
3:40 PM	D
4:00 PM	B
4:20 PM	C
4:40 PM	A
5:00 PM	Track Cold