

November

2017

Indoors you say?

Last Saturday outdoors Oct 28, all other outdoor practices are for Nat XC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 10:00 Birds Hill Park	23 5:30 Outdoor U of M	24 5:30 Max Bell	25 4:45 Westview Park (XC) 5:30 Max Bell	26 4:45 Churchill Drive (XC) 5:30 Max Bell	27 Off	28 Age Class Championships Kilcona Park
29 9:00 Birds Hill Park 1:30 Banquet TBA Portage (6:00?)	30 4:30 Churchill Drive 5:30 Max Bell	31 4:30 Churchill Drive 5:30 Max Bell	1 4:30 Westview Park 5:30 Max Bell	2 4:30 Churchill Drive 5:30 Max Bell	3 Off	4 9:00 Westview Park or 11:00 Max Bell
5 10:00 Birds Hill Park	6 4:30 Churchill Drive 5:30 Max Bell	7 4:30 Churchill Drive 5:30 Max Bell	8 4:30 Westview Park 5:30 Max Bell	9 4:30 Churchill Drive 5:30 Max Bell	10 20 – 40 minute run (Scott away)	11 Off (Remembrance Day) (Scott away)
12 AO Championships 12:00 Max Bell (Scott away)	13 4:30 Churchill Drive 5:30 Max Bell	14 4:30 Churchill Drive 5:30 Max Bell	15 4:30 Westview Park 5:30 Max Bell	16 4:30 Churchill Drive 5:30 Max Bell	17 Off	18 9:00 Westview Park or 11:00 Max Bell
19 10:00 Birds Hill Park 12:30 Max Bell	20 4:30 Churchill Drive 5:30 Max Bell	21 4:30 Westview Park 5:30 Max Bell	22 5:30 Max Bell Tell Scott by today if wanting to race Dec. 2	23 5:30 Max Bell (Scott away)	24 Off (Scott away)	25 11:00 Max Bell National Cross Country (Scott away)
26 Off	27 5:30 Max Bell	28 5:30 Max Bell	29 5:30 Max Bell	30 5:30 Max Bell	1 Easy jog at home/ Warm-up	2 Flying M Frolic (everyone can compete)