

# October

2016

## Workout Locations and Times

Club Registration – Max Bell – October 24 - 25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 <b>Off / Birds Hill Park</b> West Beach 10:00am	26 <b>Churchill Drive*</b> Swings 5:30pm	27 <b>Churchill Drive*</b> West Pumphouse <b>AM Milk Run</b> Harbourview	28 <b>Westview Park</b> Top 5:30pm	29 <b>Kings Park</b> 2 <sup>nd</sup> Parking Lot 5:30pm	30	1 <b>Westview Park</b> Top 10:00am
2 <b>Birds Hill Park</b> West Beach 10:00am	3 <b>Churchill Drive*</b> Swings 5:30pm	4 <b>Churchill Drive*</b> West Pumphouse 5:30pm	5 <b>Westview Park</b> Top 5:30pm (Talk to me about this w/o)	6 <b>Kings Park</b> 2 <sup>nd</sup> Parking Lot 5:30pm	7	8 <b>Westview Park</b> Top 10:00am
9 <b>Off</b>	10 <b>Churchill Drive*</b> Swings 11:00am	11 <b>Off / Travel / Warmup</b> only	12 <b>MHSAA Provincials</b> Nelson House, MB	13 <b>Kings Park</b> 2 <sup>nd</sup> Parking Lot 5:30pm	14	15 <b>Pan Am Pool</b> Noon.... Bring your swimsuit!
16 <b>Birds Hill Park</b> West Beach 10:00am	17 <b>Churchill Drive*</b> Swings 5:00-6:15pm	18 <b>Churchill Drive*</b> West Pumphouse 5:00-6:15pm	19 <b>Westview Park</b> Top 5:00-6:15pm	20 <b>Kings Park</b> 2 <sup>nd</sup> Parking Lot 5:00-6:15pm	21	22 <b>Westview Park</b> Top 10:00am
23 <b>Birds Hill Park</b> West Beach 10:00am	24 <b>Kings Park</b> 2 <sup>nd</sup> Parking Lot 5:00-6:15pm	25 <b>Kings Park</b> 2 <sup>nd</sup> Parking Lot 5:00-6:15pm	26 <b>Westview Park</b> Top 5:00-6:15pm	27 <b>Churchill Drive</b> Swings 5:00-6:15pm	28	29 <b>AM Cross Country</b> Championships Harbourview
30 <b>Off</b>	31 <b>Churchill Drive</b> West Pumphouse 4:30-5:45pm <b>Max Bell 5:45-7:00</b>	1 <b>Churchill Drive</b> West Pumphouse 4:30-5:45pm <b>Max Bell 5:45-7:00</b>	2 <b>Westview Park</b> Top 5:00-6:15pm	3 <b>Churchill Drive</b> West Pumphouse 4:30-5:45pm <b>Max Bell 5:45-7:00</b>	4	5 <b>Westview Park*</b> Top Noon