

Last Updated:
Wednesday, August 17, 2011

2011 Cross Country Schedule

SEPTEMBER

Sunday
5 MILE LSD

4

Monday

REST - REST

5

Tuesday

ALL TEAM PRACTICE
(At High School)

3:00PM - 4:30PM

Wednesday

ALL TEAM PRACTICE
(At High School)

3:00PM - 4:30PM.

Thursday
ALL TEAM PRACTICE
(Van Cortlandt Park)
5:00PM - 7:00PM

Friday

5 MILE LSD

2

Saturday

REST - REST

3

Sunday

REST - REST

1

Monday

ALL TEAM PRACTICE
(At High School)

3:00PM - 4:30PM

Tuesday

ALL TEAM PRACTICE
(At High School)

3:00PM - 4:30PM

Wednesday

REST - REST

4

Thursday

FIRST DAY OF SCHOOL
NO PRACTICE

Friday

(NEW MEMBER MEETING)
ALL TEAM PRACTICE
(At High School)
3:00PM - 4:30PM

Saturday

5 MILE LSD
+ WARM-UP & CALISTHENICS

6

Sunday

9 MILE LSD
+ WARM-UP & CALISTHENICS
(VETERANS ONLY)

6

Monday

ALL TEAM PRACTICE
(At High School)

3:00PM - 4:30PM

Tuesday

GRAND PRIX I
BOYS

3:30 - 4:45

Wednesday

Self Guided

1

Thursday

ALL TEAM PRACTICE
(At High School)

3:00PM - 4:30PM

Friday

ALL TEAM PRACTICE
(At High School)

3:00PM - 4:30PM

Saturday

GROUP RUN
Boys & Girls
@VanCortlandt

4

Sunday

REPAIR RUN

5

Monday

ALL TEAM PRACTICE
(At High School)

3:00PM - 4:30PM

Tuesday

GRAND PRIX II
BOYS

3:30 - 4:45

Wednesday

Self Guided

8

Thursday

NO SCHOOL
Self Guided at anytime

Friday

ALL TEAM PRACTICE
(At High School)

3:00PM - 4:30PM

Saturday

MAYOR'S CUP
Boys & Girls
@VanCortlandt

10:00 - 12:00