Last Updated:
Sunday, October 03, 2010

Cross Country Schedule

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2 BRONX BORO CHAMPIONSHIPS At Van Cortlandt 3:00PM	3 REST - REST	4 ALL TEAM PRACTICE (At High School) 3:00PM – 4:30PM	5 ALL TEAM PRACTICE (At High School) 3:00PM – 4:30PM	6 5 MILE LSD + WARM-UP & CALISTHENICS
7 9 MILE LSD + WARM-UP & CALISTHENICS (VETERANS ONLY)	8 ALL TEAM PRACTICE (At High School) 3:00PM – 4:30PM	9 NO SCHOOL SELF GUIDED	10 ALL TEAM PRACTICE (At High School) 3:00PM – 4:30PM	11 ALL TEAM PRACTICE (At High School) 3:00PM – 4:30PM	12 ALL TEAM PRACTICE (At High School) 3:00PM – 4:30PM	13 FROSH/SOPH CITY CHAMPS & TEAM PRACTICE
14 Self Guided Repair Run	15 ALL TEAM PRACTICE (At High School) 3:00PM – 4:30PM	16 ALL TEAM PRACTICE (At High School) 3:00PM – 4:30PM	17 REST – REST	18 ALL TEAM PRACTICE (At High School) 3:00PM – 4:30PM	19 ALL TEAM PRACTICE (At High School) 3:00PM – 4:30PM	20 CITY CHAMPS
21	22	23	24	25	26	27
28	29	30				