

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Labour Day	5	6	7	8	9 X-Country Running Practice 9:30am - 11:00am Gr. 4 - Gr. 12 Lee Park Memorial Dr.
10	11	12	13	14	15	16 X-Country Running Practice 9:30am - 11:00am Gr. 4 - Gr. 12 Lee Park Memorial Dr.
17	18	19	20 Course des Barons North Bay Nordic Ski Club	21	22	23 X-Country Running Practice 9:30am - 11:00am Gr. 4 - Gr. 12 Lee Park Memorial Dr.
24	25	26	27	28	29	30 X-Country Running Practice 9:30am - 11:00am Gr. 4 - Gr. 12 Lee Park Memorial Dr.

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 X-Country Running Practice 9:30am - 11:00am Gr. 4 - Gr. 12 Lee Park Memorial Dr.
8	Thanksgiving Day	10	11	TDSS Invitational Cobalt	13	14 X-Country Running Practice 9:30am - 11:00am Gr. 4 - Gr. 12 Lee Park Memorial Dr.
15 Our Hospital Walk/ Run, North Bay (Hospital Mile, 5km, 6km Adventure, 8km)	16	17	NDA Meet (high school)	19	20	21 X-Country Running Practice 9:30am - 11:00am Gr. 4 - Gr. 12 Lee Park Memorial Dr.
22	23	24	NOSSA (high school)	26	27	28 NBLTC Fun XCountry Race For all the Sat. Morning Participants A Bus Run to Multiple City Trails
29	30	31 XCOUNTRY Running Practice 3:30pm at Mem. Gardens For Competitors Attending AO Provincials Halloween				

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 XCounrty Running Practice 3:30pm at Mem. Gardens For Competitors Attending AO Provincials	3	4 No Practice OFSAA (high school)
5	6	7 XCounrty Running Practice 3:30pm at Mem. Gardens For Competitors Attending AO Provincials	8	9 XCounrty Running Practice 3:30pm at Mem. Gardens For Competitors Attending AO Provincials	10 Remembrance Day	11 Travel to AO Provincials
12 AO Provincial XCounrty Running Championships Bracebridge	13	14 XCounrty Running Practice 3:30pm at Mem. Gardens For Competitors Attending National Championship	15	16 XCounrty Running Practice 3:30pm at Mem. Gardens For Competitors Attending National Championship	17	18
19	20	21 XCounrty Running Practice 3:30pm at Mem. Gardens For Competitors Attending National Championship	22	23 XCounrty Running Practice 3:30pm at Mem. Gardens For Competitors Attending National Championship	24 Travel to National Championships	25 Canadian XCounrty Running Championships Kingston, ON