

**September 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 <b>Labour Day</b>	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 <b>Course des Barons North Bay Nordic Ski Club</b>	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	9 <b>Thanksgiving Day</b>	10	11	12 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	18 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	25 NOSSA (high school)	26	27	28 <b>NBLTC Fun XCountry Race</b> For all the Sat. Morning Participants A Bus Run to Multiple City Trails

**November 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31 XCOUNTRY Running Practice 3:30pm at Mem. Gardens For Competitors Attending AO Provincials <b>Halloween</b>	1	2 XCOUNTRY Running Practice 3:30pm at Mem. Gardens For Competitors Attending AO Provincials	3	4 <b>No Practice OFSAA (high school)</b>
5	6	7 XCOUNTRY Running Practice 3:30pm at Mem. Gardens For Competitors Attending AO Provincials	8	9 XCOUNTRY Running Practice 3:30pm at Mem. Gardens For Competitors Attending AO Provincials	10 <b>Remembrance Day</b>	11 Travel to AO Provincials
12 AO Provincial XCOUNTRY Running Championships Bracebridge	13	14 XCOUNTRY Running Practice 3:30pm at Mem. Gardens For Competitors Attending National Championship	15	16 XCOUNTRY Running Practice 3:30pm at Mem. Gardens For Competitors Attending National Championship	17	18
19	20	21 XCOUNTRY Running Practice 3:30pm at Mem. Gardens For Competitors Attending National Championship	22	23 XCOUNTRY Running Practice 3:30pm at Mem. Gardens For Competitors Attending National Championship	24 Travel to National Championships	25 Canadian XCOUNTRY Running Championships Kingston, ON