

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labour Day	3	4	5	6	7 X-Country Practice 9:30am - 11:00am Gr. 4 - Gr. 12 Lee Park Memorial Drive
8	9	10	11	12	13	14 X-Country Practice 9:30am - 11:00am Gr. 4 - Gr. 12 Lee Park Memorial Drive
15	16	17	18 Course des Barons Grade 4 to Grade 12 Omischl Complex	19	20	21 X-Country Practice 9:30am - 11:00am Gr. 4 - Gr. 12 Lee Park Memorial Drive
22	23	24 Laurentian University XC Running Challenge Grade 7 & 8 Runners Sudbury, ON	25	26	27	28 X-Country Practice 9:30am - 11:00am Gr. 4 - Gr. 12 Lee Park Memorial Drive

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5 X-Country Practice 9:30am - 11:00am Gr. 4 - Gr. 12 Lee Park Memorial Drive
6	7	8	9	10 TDSS Invitational Cobalt Grade 7 & 8 Runners (tentative date)	11	12 No Practice (Gr. 4 to 8 Athletes) High School Athletes Are Asked to Contact Jon Pratt jp.ppf@hotmail.com
13	Thanksgiving Day	15	16 NDA Meet (High School) (tentative date)	17	18	19 Practice TBA (Gr. 4 to 8 Athletes) High School Athletes Contact Jon Pratt jp.ppf@hotmail.com
20	21	22	23 NOSSA Meet (High School) (tentative date)	24	25	26 Practice TBA (Gr. 4 to 8 Athletes) High School Athletes Contact Jon Pratt jp.ppf@hotmail.com
27	28	29	30	31	1	2 OFSAA Meet (High School) Practice for Gr. 7 & 8 Athletes Attending AO Provincials

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5 Xcountry Running Practice 3:40pm at Memorial Gardens For Competitors Attending AO Provincials	6	7 Xcountry Running Practice 3:40pm at Memorial Gardens For Competitors Attending AO Provincials	8	9
10 Athletics Ontario Provincial Chmp.'s King City, Seneca College	11	12 Xcountry Running Practice 3:40pm at Memorial Gardens For Competitors Attending National Chmps.	13	14 Xcountry Running Practice 3:40pm at Memorial Gardens For Competitors Attending National Chmps.	15	16
17	18	19 Xcountry Running Practice 3:40pm at Memorial Gardens For Competitors Attending National Chmps.	20	21 Xcountry Running Practice 3:40pm at Memorial Gardens For Competitors Attending National Chmps.	22	23
24	25	26 Xcountry Running Practice 3:40pm at Memorial Gardens For Competitors Attending National Chmps.	27	28	29	30 Canadian National Cross Country Running Championships Abbotsford, BC