

September 2018

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

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3 Pre-OFSAA (High School)	4	5	6 X-Country Running Practice 9:30am - 11:00am Gr. 4 - Gr. 12 Lee Park Memorial Dr.
7	8 Thanksgiving Day	9	10	11 TDSS Invitational Cobalt Grade 7 & 8 Athletes (tentative date)	12	13 X-Country Running Practice 9:30am - 11:00am Gr. 4 - Gr. 12 Lee Park Memorial Dr.
14 Our Hospital Walk/ Run, North Bay (Hospital Mile, 5km, 6km Adventure, 10km) (athlete registers themself)	15	16	17 NDA Meet (High School) (tentative date)	18	19	20 NBLTC Fun XCcountry Race For all the Sat. Morning Participants A Bus Run to Multiiple City Trails
21	22	23	24 NOSSA (High School) (tentative date)	25	26	27 X-C Practice For Athletes registered to Attend AO Provincials Location: Fields behind Memorial Gardens Time TBA
28	29	30 XCcountry Running Practice 3:40pm at Mem. Gardens For Competitors Attending AO Provincials	31 Halloween	1 XCcountry Running Practice 3:40pm at Mem. Gardens For Competitors Attending AO Provincials	2	3 No Practice OFSAA (High School)

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="right">4</p> <p>Clocks back 1 hour</p>	<p align="right">5</p>	<p align="right">6</p> <p>XCountry Running Practice 3:40pm at Mem. Gardens For Competitors Attending AO Provincials</p>	<p align="right">7</p>	<p align="right">8</p> <p>XCountry Running Practice 3:40pm at Mem. Gardens For Competitors Attending AO Provincials</p>	<p align="right">9</p>	<p align="right">10</p> <p>Travel to AO Provincials King City, Ontario</p>
<p align="right">11</p> <p>AO Provincial XCountry Running Championships King City, Ontario Remembrance Day</p>	<p align="right">12</p>	<p align="right">13</p> <p>XCountry Running Practice 3:40pm at Mem. Gardens For Competitors Attending National Championships</p>	<p align="right">14</p>	<p align="right">15</p> <p>XCountry Running Practice 3:40pm at Mem. Gardens For Competitors Attending National Championships</p>	<p align="right">16</p>	<p align="right">17</p>
<p align="right">18</p>	<p align="right">19</p>	<p align="right">20</p> <p>XCountry Running Practice 3:40pm at Mem. Gardens For Competitors Attending National Championships</p>	<p align="right">21</p>	<p align="right">22</p>	<p align="right">23</p> <p>Travel to National Championships</p>	<p align="right">24</p> <p>Canadian XCountry Running Championships Kingston, ON</p>
<p align="right">25</p>	<p align="right">26</p>	<p align="right">27</p>	<p align="right">28</p>	<p align="right">29</p>	<p align="right">30</p>	<p align="right">1</p>