

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	Thanksgiving Day	9	10	11 TDSS Invitational Cobalt Grade 7 & 8 Athletes	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)	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)	25	26	27 X-C Practice For Athletes registered to Attend AO Provincials Location: Fields behind Memorial Gardens 9:30am
28	29	30 XCountry Running Practice 3:40pm at Mem. Gardens For Competitors Attending AO Provincials	31 Halloween	1 XCountry 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
4	5	6	7	8	9	10
Clocks back 1 hour		XCountry Running Practice 3:40pm at Mem. Gardens For Competitors Attending AO Provincials		XCountry Running Practice 3:40pm at Mem. Gardens For Competitors Attending AO Provincials		Travel to AO Provincials King City, Ontario
11	12	13	14	15	16	17
AO Provincial XCountry Running Championships King City, Ontario Remembrance Day		XCountry Running Practice 3:40pm at Mem. Gardens For Competitors Attending National Championships		XCountry Running Practice 3:40pm at Mem. Gardens For Competitors Attending National Championships		
18	19	20	21	22	23	24
		XCountry Running Practice 3:40pm at Mem. Gardens For Competitors Attending National Championships			Travel to National Championships	Canadian XCountry Running Championships Kingston, ON
25	26	27	28	29	30	1