

## CROSS COUNTRY RUNNING SCHEDULE 2024

### SEPTEMBER:

MON. 9 PRACTICE 4:00-5:40  
WED. 10 PRACTICE 4:00-5:40  
THUR. 11 PRACTICE 4:00-5:40  
MON. 16 PHOTOS AND PRACTICE 4:00-5:40  
WED. 18 PRACTICE 4:00-5:40  
THUR. 19 PRACTICE 4:00-5:40  
**MON. 23 FIRST RACE @ GALT (WALK 1:00 AND RACE AT 1:30) DISMISSAL 12:20**  
WED. 25 PRACTICE 4:00-5:40  
MON. 30 PRACTICE 4:00-5:40

### OCTOBER:

**WED. 2 SECOND RACE @ STANSTEAD COLLEGE (WALK 1:00 AND RACE AT 1:30)  
DISMISSAL 11:45  
(BUS LEAVES Galt at 11:55, RETURNS TO GALT AT 4:30)**

MON. 7 PRACTICE 4:00-5:40

**TUES. 8 THIRD RACE @ MASSEY-VANIER (WALK 1:00 AND RACE AT 1:30)  
DISMISSAL 11:10  
(BUS LEAVES Galt at 11:15, RETURNS TO GALT AT 4:50)**

WED. 9 PRACTICE 4:00-5:40

WED. 16 PRACTICE 4:00-5:40

THUR. 17 PRACTICE 4:00-5:40

MON. 21 PRACTICE 4:00-5:40

**TUES. 22 FINAL RACE @ BCS (WALK 1:00 AND RACE AT 1:30)  
DISMISSAL 12:20  
(BUS LEAVES Galt at 12:35, RETURNS TO GALT AT 3:40)**