

LAKELAND JUNIOR CROSS COUNTRY LEAGUE

2015 SCHEDULE

SEPTEMBER 13	WEEKLY RUNNING <u>COURSE WALK at 10:00am (3000m/2000m/1700m)</u>	11:30am
SEPTEMBER 20	WEEKLY RUNNING	11:30am
SEPTEMBER 27	WEEKLY RUNNING	11:30am
OCTOBER 4	WEEKLY RUNNING	11:30am
OCTOBER 11	WEEKLY RUNNING (4000 meters 13-14) <u>COURSE WALK at 10:00am (4000m)</u>	11:30am
OCTOBER 18	GREYSTONE INVITATIONAL (4000 meters 13-14)	11:30am
OCTOBER 25	JUNIOR OLYMPIC PREP (4000m 13-14, 3000m 11-12, 3000m 9-10, 2000m 9-10, 1700m 7-8)	11:30am
NOVEMBER 8	LEAGUE CHAMPIONSHIP (4000 meters 13-14)	11:30am

Approximate Sunday TIME SCHEDULE:

13 - 14 BOYS & GIRLS	11:30am	3000m/4000m
11 - 12 BOYS & GIRLS	11:50am	3000m
9 - 10 BOYS & GIRLS	12:10pm	2000m
7 - 8 BOYS & GIRLS	12:25pm	1700m

(All Times are approximate)