

# LAKELAND JUNIOR CROSS COUNTRY LEAGUE

## 2015 SCHEDULE

SEPTEMBER 13 WEEKLY RUNNING 11:30am  
COURSE WALK at 10:00am (3000m/2000m/1700m)

SEPTEMBER 20 WEEKLY RUNNING 11:30am

SEPTEMBER 27 WEEKLY RUNNING 11:30am

OCTOBER 4 WEEKLY RUNNING 11:30am

OCTOBER 11 WEEKLY RUNNING 11:30am  
(4000 meters 13-14)  
COURSE WALK at 10:00am (4000m)

OCTOBER 18 GREYSTONE INVITATIONAL 11:30am  
(4000 meters 13-14)

OCTOBER 25 JUNIOR OLYMPIC PREP 11:30am  
(4000m 13-14, 3000m 11-12, 3000m 9-10, 2000m 9-10, 1700m 7-8)

NOVEMBER 8 LEAGUE CHAMPIONSHIP 11:30am  
(4000 meters 13-14)

### 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)