

# Cross Country Schedule 2017

All practices are Monday and Wednesday 3-4

## RACE DATES

**Sept 18** @ Aldergrove Bowl    Marshaling 3:30                      Race Start @ 3:45

**Sept 25** @ Aldergrove Bowl    Marshaling 3:30                      Race Start @ 3:45

**Oct 2**    @ Aldergrove Bowl    Marshaling 3:30                      Race Start @ 3:45

**Oct 11** Pre- Fraser Valleys @ Crescent Park

Gr 8 @ 3:45              Jr. @ 4:05              Sr. @ 4:30

**Oct 18** Fraser Valleys @ Crescent Park

Gr8 Boys @ 11:30              Junior Boys @ 12:45              Senior Boys @ 2:15

**Oct 23** Langley District Championships (TBA)

**Nov 4** Provincial Championships @ Jericho Beach