

# Niagara Olympic Club 2017 Fall Training Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>SEPTEMBER</b>					1	2
3	4 6:00 pm @ track	5	6	7 6:00 pm @ track	8	9 10:00 am @ Short Hills Pelham Rd.
10	11 6:00 pm @ track	12	13	14 6:00 pm @ track	15	16 9:00 am Camp arrival
17	18 6:00 pm @ track	19	20	21 6:00 pm @ track	22	23 10:00 am @ Short Hills Pelham Rd.
24	25 6:00 pm @ track	26	27	28 6:00 pm @ track	29	30 10:00 am @ Firemen's Park <i>Lower level</i>
1 <b>OCTOBER</b>	2 DISTANCE 5:30 pm SPEED 6:00 pm	3	4	5 DISTANCE 5:30 pm SPEED 6:00 pm	6	7 10:00 am @ Firemen's Park <i>Lower level</i>
8	9 DISTANCE 5:30 pm SPEED 6:00 pm	10	11	12 DISTANCE 5:30 pm SPEED 6:00 pm	13	14 10:00 am @ Firemen's Park <i>Lower level</i>
15	16 DISTANCE 5:30 pm SPEED 6:00 pm	17	18	19 DISTANCE 5:30 pm SPEED 6:00 pm	20	21 10:00 am @ Firemen's Park <i>Lower level</i>
22	23 DISTANCE 5:30 pm SPEED 6:00 pm	24	25	26 DISTANCE 5:30 pm SPEED 6:00 pm	27	28 10:00 am @ Firemen's Park <i>Lower level</i>