

Niagara Olympic Club 2018 Fall Training Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 SEPTEMBER
2	3 6:00 pm @ track	4	5	6 6:00 pm @ track	7	8 10 am @ Short Hills Pelham Rd.
9	10 6:00 pm @ track	11	12	13 6:00 pm @ track	14	15 10 am @ Short Hills Pelham Rd.
16	17 6:00 pm @ track	18	19	20 6:00 pm @ track	21	22 Fall training camp
23 Fall training camp	24 6:00 pm @ track	25	26	27 6:00 pm @ track	28	29 10:00 am @ Firemen's Park Lower level
30	1 OCTOBER DISTANCE 5:30 pm SPEED-POWER 6:00 pm	2	3	4 DISTANCE 5:30 pm SPEED-POWER 6:00 pm	5	6 10:00 am @ Firemen's Park Lower level
7	8 DISTANCE 5:30 pm SPEED-POWER 6:00 pm	9	10	11 DISTANCE 5:30 pm SPEED-POWER 6:00 pm	12	13 10:00 am @ Firemen's Park Lower level
14	15 DISTANCE 5:30 pm SPEED-POWER 6:00 pm	16	17	18 DISTANCE 5:30 pm SPEED-POWER 6:00 pm High School Zone XC	19	20 10:00 am @ Firemen's Park Lower level
21	22 DISTANCE 5:30 pm SPEED-POWER 6:00 pm	23	24	25 DISTANCE 5:30 pm SPEED-POWER 6:00 pm High School SOSSA XC	26	27 10:00 am @ Firemen's Park Lower level
28	29 DISTANCE 5:00 pm SPEED-POWER 6:00 pm	30	31	1 NOVEMBER DISTANCE 5:00 pm SPEED-POWER 6:00 pm @ Performance Zone	2	3 OFSAA XC
4	5 DISTANCE 5:00 pm SPEED-POWER 6:30 pm @ Ridley	6	7	8 DISTANCE 5:00 pm SPEED-POWER 6:00 pm @ Performance Zone	9	10 10:00 am @ track
11 AO XC	12 SPEED-POWER 6:30 pm @ Ridley	13	14	15 DISTANCE 5:00 pm SPEED-POWER 6:00 pm @ Performance Zone	16	17 10:00 am @ track
18	19 DISTANCE 5:00 pm SPEED-POWER 6:30 pm @ Ridley	20	21	22 DISTANCE 5:00 pm SPEED-POWER 6:00 pm @ Performance Zone	23 Nats XC Travel Day	24 NATIONAL XC FOR YOUTH AND JUNIOR