

Riversdale Cross Country Venues 2015- Schedule 1

Mon/Wed/Fri - 4:30 – 6:30pm

Saturdays 9:30 – 11am

Under 14 ends at 6pm

Younger group (born later than 2001) does Friday practices until Sept. 30, then drops Fridays and starts runs on Saturdays on Oct. 3.

Please be on time picking your child up, as I will wait until you arrive before leaving.

Mon., Aug.31	behind Lakewood Civic Center
Wed., Sept. 2	Diefenbaker Park (behind washrooms)
Fri., Sept. 4	Victoria Park – beside Skate Park
Sat. , Sept. 5 (I am out of town)	older group run on your own (OYO): 14/15 years 30 min and strides 16 – 18 years 40 min and strides 19 + years 50 min and strides
Monday, Sept. 7	
Wed, Sept. 9	Diefenbaker Park
Friday, Sept. 11	Victoria Park
Sat. Sept 12 (older group only)	Gabriel Dumont Park (by play structure)
Mon Sept. 14	Lakewood
Wed. Sept 16	Diefenbaker HS mini meet & practice for younger group
Fri, Sept. 18	Gabriel Dumont Park
Saturday Sept. 19 (older group)	Victoria Park; 2pm strength Craven Sports
Monday, Sept. 21	Lakewood
Wed., Sept., 23	Victoria Park HS mini meet; strength 7pm Craven Sports younger group OYO run: 20 min and strides
Fri., Sept. 25	Diefenbaker Park
Sat., Sept. 26	Gabriel Dumont Park
Mon., Sept. 28	Lakewood Park
Wed., Sept. 30	Lakewood HS pre-cities younger group OYO run: 20-30 min and strides
Fri., Oct. 2	4:30 – 5:30 older group Harry Bailey – water running
Sat. Oct. 3 all	Diefenbaker Park

Schedule 2 will be sent out the week of Sept. 28.