

Riversdale Cross Country Venues 2017- Schedule 1

Mon/Wed/Fri - 4:30 – 6:00 peewee/bantam

6:30 midget and older

Saturdays 9:30 – 11am (may be adjusted)

Mon., Aug.28	behind Lakewood Civic Center
Wed., Aug. 30	Victoria Park (by skateboard park)
Fri., Sept. 1	Diefenbaker Park (meet behind washrooms)
Sat., Sept. 2	Gabriel Dumont Park (by play structure)
Mon., Sept. 4	Lakewood Park
Wed., Sept. 6	Diefenbaker Park
Fri., Sept. 8	Lakewood Park
Sat., Sept. 9	Cranberry Flats
Mon., Sept 11	Victoria Park
Wed., Sept. 13	Diefenbaker HS mini meet & practice for all others meet behind washrooms
Fri., Sept. 15	water running, Harry Bailey Aquatic Center 4:30 – 5:15pm (bring \$5)
Saturday, Sept., 16	Cougar Trot, Regina Must find own transportation (optional; more for those older and younger than high school age) or Run on your own (oyo)
Monday, Sept. 18	Victoria Park
Tues., Sept. 19	Bethlehem School mini meet; others run OYO 20 – 40 min and strides
Wed., Sept., 20	Lakewood Park
Fri., Sept. 22	water running, Harry Bailey Aquatic Center 4:30 – 5:15pm (bring \$5)
Sat., Sept. 23	Blackstrap time TBD
Mon., Sept. 25	Diefenbaker Park
Wed., Sept. 27	Lakewood Park HS pre-cities Others, run OYO TBD
Fri., Sept. 29	Gabriel Dumont
Sat., Sept. 30	Sled Dog race, Victoria Park only for those older or younger than high school High school athletes: aerobic run as group TBD
Mon. Oct. 2	Lakewood Park
Wed, Oct 4	Lakewood HS cities Catholic schools cities?

Schedule 2 will be sent out the week of Oct. 2.