

LAKELAND JUNIOR CROSS COUNTRY LEAGUE

2009 SCHEDULE

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| SEPTEMBER 13 | WEEKLY RUNNING <u>COURSE WALK at 10:00am (only course walk)</u> | 11:30am |
| SEPTEMBER 20 | WEEKLY RUNNING | 11:30am |
| SEPTEMBER 27 | WEEKLY RUNNING | 11:30am |
| OCTOBER 4 | RANDOLPH-LAKELAND INVITATIONAL (4000 meters 13-14) | 11:30am |
| OCTOBER 11 | WEEKLY RUNNING (4000 meters 13-14) | 11:30am |
| OCTOBER 18 | JUNIOR OLYMPIC PREP (JUNIOR OLYMPIC DISTANCES) 9-10 2000m & 3000m 7-8 1700m | 11:30am |
| OCTOBER 25 | LEAGUE CHAMPIONSHIPS (4000 meters 13-14) | 11:30am |

Approximate Sunday TIME SCHEDULE:

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|---------------------------------|----------------|--------------------|
| 13 - 14 BOYS & GIRLS | 11:30am | 3000m/4000m |
| 11 - 12 BOYS & GIRLS | 11:50am | 3000m |
| 9 - 10 BOYS & GIRLS | 12:10pm | 2000m |
| 7 - 8 BOYS & GIRLS | 12:25pm | 1700m |

(All Times are approximate)