

# LAKELAND JUNIOR CROSS COUNTRY LEAGUE

## 2011 SCHEDULE

SEPTEMBER 11	WEEKLY RUNNING <u>COURSE WALK at 10:00am (3000m/2000m/1700m)</u>	11:30am
SEPTEMBER 18	WEEKLY RUNNING	11:30am
SEPTEMBER 25	WEEKLY RUNNING	11:30am
OCTOBER 2	WEEKLY RUNNING	11:30am
OCTOBER 9	WEEKLY RUNNING (4000 meters 13-14) <u>COURSE WALK at 10:00am (4000m)</u>	11:30am
OCTOBER 16	<b>GREYSTONE INVITATIONAL</b> (4000 meters 13-14)	11:30am
OCTOBER 23	<b>JUNIOR OLYMPIC PREP</b> (4000m 13-14, 3000m 11-12, 3000m 9-10, 2000m 9-10, 1700m 7-8)	11:30am
OCTOBER 30	<b>LEAGUE CHAMPIONSHIP</b> (4000 meters 13-14)	11:30am

### Approximate Sunday TIME SCHEDULE:

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

(All Times are approximate)