

# NOC SPRING - SUMMER TRAINING SCHEDULE

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<b>20</b> <b>DISTRICT B</b> <b>LEGION MEET</b>	<b>21</b> PRACTICE 6:00PM	<b>22</b>	<b>23</b>	<b>24</b> PRACTICE 6:00PM	<b>25</b>	<b>26</b> PRACTICE 10:00AM
<b>27</b> Hershey - Ontario	<b>28</b> PRACTICE 6:00PM	<b>29</b>	<b>30</b> depart for Nats	<b>1 JULY</b> Happy Birthday Canada!	<b>2</b> JR NATS MONCTON	<b>3 PRACTICE</b> 10:00AM JR NATS
<b>4</b> <b>JR NATS</b>	<b>5</b> PRACTICE 6:00PM	<b>6</b>	<b>7</b>	<b>8</b> PRACTICE 6:00PM	<b>9</b>	<b>10</b> PRACTICE 10:00AM
<b>11</b>	<b>12</b> PRACTICE 6:00PM	<b>13</b>	<b>14</b>	<b>15</b> PRACTICE 6:00PM	<b>16</b>	<b>17 PRACTICE</b> 10:00AM <b>MTA champs</b>
<b>18</b> World Juniors July 19 - 24	<b>19</b> PRACTICE 6:00PM	<b>20</b>	<b>21</b> <b>PRACTICE</b> <b>6:00PM</b>	<b>22</b>	<b>23</b>	<b>24</b> <b>BMJ</b> London
<b>25</b> <b>BMJ</b> London	<b>26</b> PRACTICE 6:00PM	<b>27</b>	<b>28</b>	<b>29</b> PRACTICE 6:00PM	<b>30</b>	<b>31</b> PRACTICE 10:00AM
<b>1 AUGUST</b>	<b>2</b> PRACTICE 6:00PM NOC	<b>3</b>	<b>4</b> PRACTICE 10:00AM NOC	<b>5</b> depart for Youth Nats	<b>6</b> Youth Nats Ottawa	<b>7</b> Youth Nats Ottawa
<b>8</b> Youth Nats Ottawa	<b>summer break!!!! REST, REJUVENATE, ENJOY!</b> <b>Stay tuned for information on Cross Country Training Schedule and Cross Country Camp!</b>					