

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOC CROSS COUNTRY SCHEDULE 2010 Sharon Stewart 905 934-4937, cell 905 933-2762 redcoats_xc@hotmail.com Bill MacDonald 905 892-9098 pelhamrunner@hotmail.com Stuart Galloway noc_coach@hotmail.com JP Korsmit fast4949@hotmail.com						
				HS = High School	AO = Athletics Ontario	
5	6 6:00 pm @ Clubhouse	7	8	9 6:00 pm @ Clubhouse	10 XC CAMP 5:00 PM	11 XC CAMP
12 XC CAMP	13 6:00 pm @ Clubhouse	14	15	16 6:00 pm @ Clubhouse	17	18 10:00 am @ Short Hills
19	20 6:00 pm @ Clubhouse	21	22	23 6:00 pm @ Clubhouse	24	25 10:00am Short Hills MTA MEET Burlington
26	27 6:00 pm @ Clubhouse	28	29	30 6:00 pm @ Clubhouse	1 OCTOBER	2 10:00 am @ Short Hills
3	4 6:00 pm @ Clubhouse	5	6	7 5:30 pm @ Clubhouse	8	9 10:00 am @ Short Hills
10	11 5:30 pm @ Clubhouse	12	13	14 5:30 pm @ Clubhouse	15	16 10:00 am @ Short Hills
17	18 5:30 pm @ Clubhouse	19	20 5:30 pm @ Clubhouse	21 HS Zone 3/4	22	23 11:00 am @ AO course @ Margaret Green
24	25 5:30 pm @ Clubhouse	26	27 5:30 pm @ Clubhouse	28 HS SOSSA	29	30 10:00 am @ Short Hills MTA Champ

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31 NOVEMBER	1 5:00 pm @ Clubhouse	2	3	4 5:00 pm @ Clubhouse	5	6 OFSSA
7	8 5:00 pm @ Clubhouse	9	10	11 5:00 pm @ Clubhouse	12	13
14 AO champ Guelph	15 5:00 pm @ Clubhouse for Jr Nats athletes only	16	17	18 5:00 pm @ Clubhouse for Jr. Nats athletes only	19	20 Practice @ 11:00 Guelph on Nats course
21	22 5:00 pm @ Clubhouse for Jr Nats athletes only	23	24	25 5:00 pm @ Clubhouse for Jr Nats athletes only	26	27 Nationals @ Guelph
28	29	30				