

LAKELAND JUNIOR CROSS COUNTRY LEAGUE

2018 SCHEDULE

SEPTEMBER 9	WEEKLY RUNNING	9:00am
	<u>COURSE WALK at 7:30am (3000m/2000m/1600m)</u>	
SEPTEMBER 16	WEEKLY RUNNING	9:00am
SEPTEMBER 23	WEEKLY RUNNING	9:00am
SEPTEMBER 30	WEEKLY RUNNING	9:00am
OCTOBER 7	WEEKLY RUNNING	9:00am
	(4000 meters 13-14)	
	<u>COURSE WALK at 7:30am (4000m)</u>	
OCTOBER 14	GREYSTONE INVITATIONAL	9:00am
	(4000 meters 13-14)	
OCTOBER 21	JUNIOR OLYMPIC PREP	9:00am
	(4000m 13-14, 3000m 11-12, 3000m 9-10, 2000m 9-10, 2000m 7-8, 1600m 7-8)	
OCTOBER 28	LEAGUE CHAMPIONSHIP	9:00am
	(4000 meters 13-14)	

Approximate Sunday TIME SCHEDULE:

13 - 14 BOYS & GIRLS	9:00am	3000m/4000m
11 - 12 BOYS & GIRLS	9:15am	3000m
9 - 10 BOYS & GIRLS	9:30am	2000m
7 - 8 BOYS & GIRLS	9:40am	1600m

(All Times are approximate)