OLNEY XC
YOUTH CROSS COUNTRY

RUN TOGETHER. SUPPORT EACH OTHER. BE YOUR BEST.

PRACTICE SCHEDULE

SEASON DATES
August 10 – November 1

LOCATION
Ag. Farm Park

TIME
5:15p – 6:30p

PRACTICE DAYS
Every Monday, Wednesday & Friday
(No practice on Labor Day Sept 7)

- **M** MONDAY — DISTANCE TRAINING
- **W** WEDNESDAY — HILLS TRAINING
- **F** FRIDAY — SPEED TRAINING

TEAM EVENTS

SPOOKY TRAIL RUN
Halloween Themed Fun Run!
Friday, October 30
Ag. Farm Park

TEAM BANQUET
End of Season Celebration
Saturday, November 7 * 1pm
Black Hill Regional Park

REGULAR SEASON MEET SCHEDULE

DATE (SUNDAY)	MEET / CLUB	LOCATION	TIME
SEPT 13	**MEET #1** – BLUE RIDGE	Brunswick High School Brunswick, MD	1:00pm
SEPT 20	**MEET #2** – MDYCC BOHRER PK	Bohrer Park, Gaithersburg	1:00pm
SEPT 27	**MEET #3** – MIDDLETOWN	Middletown Community Park Middletown, MD	1:00pm
OCT 4	**MEET #4** – CLARKSBURG	Rocky Hill Middle School Clarksburg, MD	1:00pm
OCT 11	**MEET #5** – BULLSEYE -=POSTPONED=-	Burleigh Manor Middle School Ellicott City, MD	12:00pm (Earlier Start)
OCT 18	**MEET #6 – OLNEY**	Ag. History Farm Park Derwood, MD	1:00pm
OCT 25	**MEET #7** – ARROWS XC	Century High School Sykesville, MD 21784	1:00pm
NOV 1	**MEET #8** – BULLSEYE	Burleigh Manor Middle School Ellicott City, MD	12:00pm (Earlier Start)

HAVE FUN. WORK HARD.
MAKE MEMORIES.
Go Olney XC!

WE RUN THIS TOWN! OlneyCCC.org

POST SEASON TRAINING

DATES
November 1 – November 18

LOCATION
Ag. Farm Park

TIME
4:30p – 5:15p

PRACTICE DAYS
Every Monday, Wednesday & Friday

POST SEASON CHAMPIONSHIP EVENTS

Championship Qualifier Race
Bring The Heat XC Invitational
Date/Time November 8
Location Mount Vista Park, MD

Cross Country Coaches National Youth Championships
Saturday, November 21
Cedarville, Ohio

www.olneyccc.org