



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)

MONDAY
DISTANCE TRAINING

WEDNESDAY
HILLS TRAINING

FRIDAY
SPEED TRAINING

TEAM EVENTS

SPOOKY TRAIL RUN
Halloween Themed Fun Run!
 Friday, October 30 * 5pm
 Ag. Farm Park

TEAM BANQUET
End of Season Celebration
 Friday, November 8 * 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	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 – CATOCTIN	Catoctin High School Catoctin, MD	12:30am (Earlier Start)

POST SEASON TRAINING

DATES
November 1 – December 2

LOCATION
Ag. Farm Park

TIME
4:30p – 5:15p

PRACTICE DAYS
Every Monday, Wednesday & Friday
(No practice on 11/25 & 11/27)



POST SEASON CHAMPIONSHIP EVENTS

Championship Tune-Up Race
 Date/Time **TBD**
 Location **TBD**

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

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



www.olneyccc.org