



RACING TEAM SCHEDULE

Wednesdays @ 6:00 pm

Locations

Civic Centre Track Intersection of 11th St and 6th Ave S
 Henderson Lake Meet at the green space in front of the Nikka Yuko Japanese Gardens
 Fort Whoop-Up Bottom of 3rd Ave S, meet in the parking lot

Week	Date		Location	Workout/Race
1	13-Jul	Wed	Civic Centre Track	Racing Team Kick-off!
2	20-Jul	Wed	Civic Centre Track	Long intervals
3	27-Jul	Wed	Henderson Lake	Long intervals
4	3-Aug	Wed	Civic Centre Track	Short intervals
5	10-Aug	Wed	Henderson Lake	Long intervals
6	17-Aug	Wed	Civic Centre Track	Medium intervals
7	24-Aug	Wed	Fort Whoop-Up	Hill repeats
8	31-Aug	Wed	Henderson Lake	Long intervals
9	7-Sep	Wed	Civic Centre Track	Short intervals
9	10-Sep	Sat	Okotoks, AB	Sheep River Road Race (5/10 km)
10	14-Sep	Wed	Fort Whoop-Up	Hill repeats
11	21-Sep	Wed	Henderson Lake	Long intervals
11	24-Sep	Sat	Nicholas Sheran Park	Run for the Pumpkin XC (2/4 km)
12	28-Sep	Wed	Civic Centre Track	Short intervals
12	1-Oct	Sat	Lethbridge Lodge	LRPS Road Race (5/10 km)
13	5-Oct	Wed	Civic Centre Track	Long intervals
14	12-Oct	Wed	Henderson Lake	Short intervals
14	15-Oct	Sat	Banff, AB	Banff Ekiden Relay (4-14 km legs)
15	19-Oct	Wed	Henderson Lake	Long intervals
16	26-Oct	Wed	Civic Centre Track	Short intervals
16	29-Oct	Sat	Calgary, AB	Stewart Cup XC (6 km Women, 10 km Men)