

SCHEDULE: 2011 Manhattan Cross Country Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
AUG. 28 PARENTS MEETING 5-6 p.m. at NE Community Park. Kids welcome!!	29 Season begins 1 st practice at NE Community Park, 5:30 p.m. TREAT NIGHT; hand out Club t-shirts	30 Practice at NE Community Park, 5:30 p.m. RELAY GAMES	31	SEPT. 1 Practice at Manhattan Running Company, 5:30 p.m. Wear club t-shirt	2	3
4	5 LABOR Day No practice	6 Practice at NE Community Park, 5:30 p.m. TREATS	7	8 Practice at NE Community Park, 5:30 p.m. Fartlek workout	9	10
11	12 TEAM PICTURE and practice at Body First Tennis and Fitness, 5:30 p.m. WEAR CLUB SHIRTS	13 Practice at NE Community Park, 5:30 p.m. Time Trial	14	15 Practice at NE Community Park, 5:30 p.m. TREATS. RELAY GAMES	16	17
18	19 Practice at Anneberg Park, 5:30 p.m. Fartlek workout. TREATS	20 Practice at Anneberg Park, 5:30 p.m. RELAY GAMES	21	22 Practice at Anneberg Park, 5:30 p.m. Pre-meet workout	23	24 MANHATTAN CC FESTIVAL Anneberg Park Wear club t-shirt
25	26 Practice at Warner Park, 5:30 p.m.	27 Practice at Manhattan Running Company 5:30 p.m. TREATS	28	29 Practice at Warner Park, 5:30 p.m. RELAY GAMES	30	OCT. 1
2	3 Practice at Body First Tennis and Fitness 5:30 p.m.	4 Practice at NE Community Park, 5:30 p.m. NEEWOLLAH SCAVENGER HUNT!!	5	6 Practice at NE Community Park 5:30 p.m. CREAM THE COACH, PIZZA	7	8 RILEY CO. FUN RUNS Leonardville 9 a.m.