

**September 2018**

**Cross Country  
Running**



**THE SACRED HEART SCHOOL OF MONTREAL ATHLETICS**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
16	17	18	19	20 Practice 3:30-4:30	21	22
23	24	25	26	27 Practice 3:30-4:30	28	29

**October 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Practice 3:30-4:30	2	3 West Island Race	4	5	6
7	8	9	10 GMAA Race	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			