

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 Renew Insurance Certificates. Practice	2 Board Meeting Practice College of the Canyons	3	4
5	6 Labor Day No Practice	7 Practice Central Park	8 Practice Central Park	9 Practice COC	10	11
12 Grandparent's Day	13 Valley Conference Meeting 7:30 Practice - South Fork Trail	14 Practice Central Park	15 Practice Central Park Physicals at Sklar Chiropractic	16 Rosh Hashanah Begins Practice COC	17	18
19	20 Practice - South Fork Trail	21 Practice Central Park	22 Practice Central Park	23 Practice COC	24	25 Valley Striders Invitational Meet Corriganville
26	27 Practice - South Fork Trail	28 Practice Central Park	29 Practice Central Park	30 Practice COC Lap-a-Thon		

2004

October

Tue

Wed

Thu

Fri

Sat

1

2

Meet 2
Pierce College

3

4

Valley Conference
Meeting 7:30
Practice
South Fork Trail

5

Practice
Central Park

6

Practice
Central Park

7

Track Board Meeting
Practice
COC

8

9

Sunday Meet

10

Free Spirit
Mt Sac

11

Columbus Day
Practice
South Fork Trail

12

Practice
Central Park

13

Practice
Central Park

14

Practice
COC

15

16

Meet 4
College of the
Canyons

17

18

Practice
South Fork Trail

19

Practice
Central Park

20

Practice
Central Park

21

Practice
COC

22

23

Meet 5
Mission Oak Park

24

25

Practice
South Fork Trail

26

Practice
Central Park

27

Practice
Central Park

28

Practice / Ice Cream
Run **Central Park**

29

30

Cross Country Final
Meet
Pierce College

31

Daylight Savings
Ends
Halloween

2004

November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Valley Conference Meeting 7:30	2 Election Day	3 Awards Ceremony Robbie Mac's Pizza Canyon Country	4 Track Board Meeting	5	6 AAU Qualifier Pierce College
7	8 Practice South Fork Trail	9 Practice Central Park	10 Practice Central Park	11 Veteran's Day Practice COC	12	13
14 USATF Association Meet La Mirada Reg	15 Practice South Fork Trail	16 Track Coaches Meeting Practice Central Park	17 Practice Central Park	18 Practice COC	19	20 Possible Turkey Trot Fund Raiser 5K South Fork Trial
21 USATF Regional Meet San Diego	22 Practice South Fork Trail	23 Practice Central Park	24 Practice Central Park	25 Thanksgiving	26	27
28	29 Practice South Fork Trail	30 Practice Central Park				

2004

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 Practice Central Park	2 Board Meeting	3	4 AAU JO XC Nationals Kingsport, TN
5	6 Valley Conference Meeting 7:30 Practice Central Park	7 Pearl Harbor Day Practice Central Park	8 Chanukah Begins	9	10	11 USATF JO XC Nationals Schaumburg, IL
12	13	14	15	16	17	18
19	20 Email Flyer to Printers	21	22 Pickup Flyers from Printers	23	24 Christmas Eve Short day	25 Christmas Day
26	27	28	29	30	31 New Year's Eve	

2004