

Pioneer Cross Country

2013 Campaign – Returners Summer Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 16 30	17 45 Circuits	18 30 Circuits	19 0	20 45	21 30	22 45 Circuits
23 40	24 45 Circuits	25 50	26 60 walk Circuits	27 30	28 45	29 45 Circuits
30 40	July 1 30 Circuits	2 45	3 60 walk Circuits	4 30	5 45	6 30 Circuits
7 50	8 45 Circuits	9 50	10 60 walk Circuits	11 45	12 45	13 45 Circuits
14 40	15 45 Circuits	16 30	17 60 walk Circuits	18 30	19 45	20 45 Circuits
21 60	22 45 Circuits	23 50	24 30 Circuits	25 50	26 60	27 45 Circuits
28 60	29 50 Circuits	30 50	31 30 Circuits	Aug 1 50	2 60	3 45 Circuits
4 60	5 First Practice 600pm Commons 2	6 800am Nokesville 4m tempo	7 630pm Featherbed	8 800am Bristow Station	9 800am Patriot	10
11 70	12 800am Bristoe Station	13 630pm Featherbed	14 800am Bristoe Station	15 2-mile TT Bristoe Station	16 2-mile TT raindate	17