

Pioneer Cross Country

2013 Campaign – Returners Summer Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 16 45	17 45 Circuits	18 45 Circuits	19 0	20 45	21 45	22 45 Circuits
23 50	24 45 Circuits	25 50	26 60 walk Circuits	27 50	28 45	29 45 Circuits
30 60	July 1 30 Circuits	2 50	3 60 walk Circuits	4 45	5 55	6 30 Circuits
7 60	8 45 Circuits	9 60	10 60 walk Circuits	11 45	12 60	13 45 Circuits
14 65	15 60 Circuits	16 60	17 60 walk Circuits	18 60	19 60	20 45 Circuits
21 65	22 60 Circuits	23 60	24 30 Circuits	25 60	26 60	27 45 Circuits
28 70	29 60 Circuits	30 60	31 30 Circuits	Aug 1 60	2 60	3 45 Circuits
4 75	5 First Practice 600pm Commons 2	6 800am Nokesville 4m tempo	7 630pm Featherbed	8 800am Bristow Station	9 800am Patriot	10
11 75	12 800am Bristoe Station	13 630pm Featherbed	14 800am Bristoe Station	15 2-mile TT Bristoe Station	16 2-mile TT raindate	17