

GHS XC  
 Training Schedule 2.0  
 (10/3/09)

Mon	10/5	3:00	GHS	Old Schedule
Tues	10/6	4:00	<del>Bonelli</del>	
Weds	10/7	3:00	GHS	
Thurs	10/8	3:15	<del>Williams</del>	
Fri	10/9	3:00	GHS	
Sat	10/10	<del>7:00</del>	Legg Lake	

Mon	10/5	3:00	GHS	
Tues	10/6	3:10	Williams (A group: 5:00 at MtSac)	
Weds	10/7	3:00	GHS	
Thurs	10/8	4:00	Bonelli (A group: 4:00 at Legg Lake) - tentative	
Fri	10/9	3:00	GHS	
Sat	10/10	8:00	Legg Lake	

Mon	10/12	3:00	GHS	
Tues	10/13	3:10	<b>Race: Sierra #2 @ Bonelli</b>	
Weds	10/14	3:00	GHS	
Thurs	10/15	4:00	Bonelli (A group: 4:00 at Legg Lake )- tentative	
Fri	10/16	3:00	GHS	
Sat	10/17		<b>Race: Bell Gardens @ Legg Lake</b>	

Mon	10/19	3:00	GHS	
Tues	10/20	3:0	GHS - tentative	
Weds	10/7	3:00	GHS	
Thurs	10/8	4:00	Bonelli (A group: 4:00 at Legg Lake) - tentative	
Fri	10/9	3:00	GHS	
Sat	10/10		<b>Race: Mt. Sac Invite</b>	

Subsequent weeks will be posted later.  
 The schedule may be adjusted, so the check  
 the website for more recent updates.