

Westside Track Club

9/8/11

2011 Cross Country Schedule

This schedule is subject to change (any revisions will be provided via e-mail)

Two coaches/adults per practice required

Date	Time	Location of Practice or Competition	Coaches			
9/6/2011	5:15 - 6:30 p.m.	Valley Southwoods School	Brown	Stover	Larson	
9/8/2011	5:15 - 6:30 p.m.	Valley Southwoods School	Veldey	Larson		
9/12/2011	5:15 - 6:30 p.m.	Valley Southwoods School	Veldey	Brown	Stover	
9/13/2011	5:15 - 6:30 p.m.	Valley Southwoods Park (parking lot is east of the City of WDSM government campus)	Brown	Larson		
9/15/2011	5:15 - 6:30 p.m.	Valley Southwoods School	Veldey	Stover		
9/19/2011	5:15 - 6:30 p.m.	Valley Southwoods School	Brown	Stover		
9/20/2011	5:15 - 6:30 p.m.	Valley Southwoods Park (parking lot is east of the City of WDSM government campus)	Veldey	Brown		
9/22/2011	5:15 - 6:30 p.m.	Valley Southwoods School	Veldey	Stover		
9/26/2011	5:15 - 6:30 p.m.	Valley Southwoods School	Brown	Stover		
9/27/2011	5:15 - 6:30 p.m.	Valley Southwoods Park (parking lot is east of the City of WDSM government campus)	Brown	Stover		
9/29/2011	5:15 - 6:30 p.m.	Valley Southwoods School	Veldey	Larson		
10/3/2011	5:15 - 6:30 p.m.	Valley Southwoods School	Veldey	Brown		
10/4/2011	5:15 - 6:30 p.m.	Valley Southwoods Park (parking lot is east of the City of WDSM government campus)	Veldey	Brown		
10/6/2011	5:15 - 6:30 p.m.	Valley Southwoods School	Veldey			
10/10/2011	5:15 - 6:30 p.m.	Valley Southwoods School	Veldey	Brown		
10/11/2011	5:15 - 6:30 p.m.	Valley Southwoods Park (parking lot is east of the City of WDSM government campus)	Veldey	Brown		
10/13/2011	5:15 - 6:30 p.m.	Valley Southwoods School	Veldey			
10/17/2011	5:15 - 6:30 p.m.	Valley Southwoods School	Veldey	Brown		
10/18/2011	5:15 - 6:30 p.m.	Valley Southwoods Park (parking lot is east of the City of WDSM government campus)	Veldey	Brown		
10/20/2011	5:15 - 6:30 p.m.	Valley Southwoods School	Veldey			
10/23/2011	1:00 p.m. (first race)	WSTC Invitational XC Meet, Valley Southwoods School				
10/24/2011	5:00 - 6:15 p.m.	Valley Southwoods School	Veldey	Brown		
10/25/2011	5:00 - 6:15 p.m.	Valley Southwoods Park (parking lot is east of the City of WDSM government campus)	Veldey	Brown		
10/27/2011	5:00 - 6:15 p.m.	Valley Southwoods School	Veldey			
10/31/2011	5:00 - 6:15 p.m.	Valley Southwoods School	Veldey			
11/1/2011	5:00 - 6:15 p.m.	Valley Southwoods Park (parking lot is east of the City of WDSM government campus)	Veldey			
11/3/2011	5:00 - 6:15 p.m.	Valley Southwoods School	Veldey			
11/6/2011	1:00 p.m. (first race)	Iowa USATF Association Junior Olympics XC Championships				
12/10/2010	TBD	USATF National Junior Olympics XC Championships, Myrtle Beach, SC				

For all running events (indicated in blue text) additional information, and sometimes entry forms, can be found on the Fitness Sports web site Race Calendar. (www.fitnesssports.com)