

2016 Bella Vista Cross Country Girls Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6/20: 7:30A Nimbus Flats Breakfast Run	6/21: 8:15A Village Park	6/22: 7:30A Bannister Park	6/23: 7:30A Stables	6/24: 7:30A Cavitt Middle School	6/25: 8:00A ROYO/Off	6/26: ROYO/Off
6/27: 7:30A Nimbus Flats Breakfast Run	6/28: : 8:15A Village Park	6/29: 7:30A Bannister Park	6/30: 7:30A Stables	7/1: 7:30A Cavitt Middle School	7/2: 8:00A Village Park	7/3: ROYO/Off
7/4: 8:00A 4 th of July Run at Glen Hall Park	7/5: : 8:15A Village Park	7/6: 7:30A Bannister Park	7/7: 7:30A Stables	7/8: 7:30A Cavitt Middle School	7/9: 8:00A Fish Hatchery 4 th of July Party at Low's	7/10: ROYO/Off
7/11: 7:30A Nimbus Flats Breakfast Run	7/12: : 8:15A Village Park	7/13: 7:30A Bannister Park	7/14: 7:30A Stables	7/15: 7:30A Cavitt Middle School	7/16: 8:00A Village Park	7/17: ROYO/Off
7/18: 7:30A Nimbus Flats Breakfast Run	7/19: 8:15A Village Park	7/20: 7:30A Bannister Park	7/21 :7:30A Stables	7/22: 7:30A Cavitt Middle School	7/23: 8:00A Captains Choice (TBD)	7/24: ROYO/Off
7/25: 7:30A Nimbus Flats Breakfast Run	7/26: 7:15A Village Park	7/27: 7:30A Bannister Park	7/28: 7:30A Stables	7/29: 7:30A Cavitt Middle School	7/30 8:00A Adventure Run (TBD)	7/31: ROYO/Off
8/1: : 7:30A Nimbus Flats Breakfast Run	8/2: Camp	8/3: Camp	8/4: Camp	8/5: 8:00A Camp	8/6:00A Camp	8/7: Camp