

Junior National September Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
AM	Off	Off	Off	Off	Off	Off	Off
PM	Off	Off	4:30 - 6:30pm	4:30 - 6:30pm	4:30 - 6:30pm		
Level 10		Off				Off	
Activity		Welcome Back BBQ					
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
AM	Off	Off	Off	Off	Off	Off	Off
PM	4:30 - 6:30pm	Off	4:30 - 6:30pm	4:30 - 6:30pm	Off		
Level 10		Off				Off	
Activity	Team Photos				Intro to Mental Skills	Team Building Games	Terry Fox Run
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
AM	Off	Off	5:15 - 7:30 am	Off	5:15 - 7:30 am	7:00 - 9:15 am	Off
PM	3:45 - 5:30pm	3:45 - 5:30 pm	6:45 - 8:30 pm	3:45 - 5:30pm	Off		
Level 10		6:45 - 8:00 am				9:45 - 11:00 am	
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
AM	Off	Off	5:15 - 7:30 am	Off	5:15 - 7:30 am	7:00 - 9:15 am	Off
PM	3:45 - 5:30pm	3:45 - 5:30 pm	6:45 - 8:30 pm	3:45 - 5:30pm	Off		
Level 10		6:45 - 8:00 am				9:45 - 11:00 am	
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
AM	Off	Off	5:15 - 7:30 am	Off			
PM	4:45 - 7:00pm	3:45 - 5:30 pm	6:45 - 8:30 pm	3:45 - 5:30pm			
Level 10		6:45 - 8:00 am			Normal Banfield Memorial	Normal Banfield Memorial	Normal Banfield Memorial
Activity							

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Long course	Lawson