



2008-2009

McGill Cross Country /Track and Field Events Dates

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| August | |
| 25 | Frosh Meeting in room 152 @ 2:00pm |
| 27 | First meeting Cross Country in room 408 @ 11:00am-1:00pm |
| 27 | First Official Cross Country Practice @ 4:00pm, Meet in Molson Stadium |
| September | |
| 2 | Classes begin |
| 2 | First meeting Track and Field 5:30pm room 305 |
| 3 | Cross Country Medicals (Cost \$85) Registration 12:00-2:00pm Dr. Apt. 1:00-3:00pm |
| 3 | First official Practice Track and Field 5:30pm Molson Stadium |
| 13 | McGill XC Meet and Must Attend Potluck Evening XC/Track Team |
| 24 | Track & Field Medicals (Cost \$85) Registration 12:00-2:00pm Dr. Apt. 1:00-3:00pm |
| October | |
| 13 | Thanksgiving Day, Canada / Columbus Day, US |
| 20 | First Day Indoor Practices Track and Field |
| November | |
| 21/22 | Sarah Cook Event - Indoor Track closed from Friday afternoon |
| 27 | Thanksgiving Day - US |
| December | |
| 2 | Classes End |
| 4 | Exams Begin |
| 19 | Exams End |
| 26 | McGill Winter Training Camp – TBA |
| January | |
| 4 | McGill Winter Training Camp Ends |
| 5 | Classes begin – First Official Day Practice Track and Field |
| February | |
| 23-27 | Study Week (All athletes must be here for this week) |
| March 26 | Athletics Awards Banquet |
| April 25 | Friends of McGill XC/ Track & Field Banquet |