

Bellmore North Bellmore PAL XC - Practice Schedule (2017)

September			
Tuesday	Thursday	Saturday	Sunday
5 <i>Mephram</i>	7 <i>Mephram</i>	9 <i>Mephram</i>	
12 <i>Cedar Creek</i>	14 <i>Cedar Creek</i>	16 <i>Norman Levy</i>	
19 <i>Cedar Creek</i>	21 <i>Cedar Creek</i>	23 <i>Norman Levy</i>	
26 <i>Cedar Creek</i>	28 <i>Cedar Creek</i>	30 <i>Norman Levy</i>	
October			
Tuesday	Thursday	Saturday	Sunday
3 <i>Cedar Creek</i>	5 <i>Cedar Creek</i>	7 <i>Cedar Creek</i>	8 <i>TBD</i>
10 <i>Cedar Creek</i>	12 <i>Cedar Creek</i>	14 <i>Norman Levy</i>	
17 <i>Cedar Creek</i>	19 <i>Cedar Creek</i>	21 <i>Norman Levy</i>	
24 <i>Cedar Creek</i>	26 <i>Cedar Creek</i>	28 <i>Cedar Creek</i>	29 <i>TBD</i>
31 <i>Cedar Creek</i>			
November			
Tuesday	Thursday	Saturday	Sunday
	2 <i>Cedar Creek</i>	4 <i>Cedar Creek</i>	5 <i>TBD</i>
7 <i>Cedar Creek</i>	9 <i>Cedar Creek</i>	11 <i>Norman Levy</i>	
14 <i>Cedar Creek</i>	16 <i>Cedar Creek</i>	18 <i>Cedar Creek</i>	19 <i>Reg 1 Meet</i>
December			
Tuesday	Thursday	Saturday	Sunday
5 <i>Indoor starts</i>			

[Tentative Meet Schedule](#)

Sunday, October 8, 2017
Bellmore PAL Invitational

Sunday, October 29, 2017
Youth 2K Challenge

Sunday, November 05, 2017
USATF-LI Assoc

Sunday, November 19, 2017
Region 1 Championships

Sunday, November 26, 2017
Rob's Run, Stillwell Woods, NY

Saturday, December 9, 2017
National Championships

[Please note:](#)

All athletes should be at the meet at least [1/2 hour before start time](#)