

Bellmore North Bellmore PAL XC - Practice Schedule (2024)

September

Tuesday	Thursday	Saturday	Sunday
10 Cedar Creek	12 Cedar Creek	14 Norman Levy	
17 Cedar Creek	19 Cedar Creek	21 Norman Levy	
24 Cedar Creek	26 Cedar Creek	28 Norman Levy	

Tuesdays & Thursdays

5:00 PM

Saturdays

9:00 AM

As it gets dark, start time on Tuesdays & Thursdays will change to 4:15/4:30

October

Tuesday	Thursday	Saturday	Sunday
1 Cedar Creek	3 Cedar Creek	5 Norman Levy	6 XC Meet
8 Cedar Creek	10 Cedar Creek	12 Norman Levy	
15 Cedar Creek	17 Cedar Creek	19 Norman Levy	
22 Cedar Creek	24 Cedar Creek	26 Norman Levy	
29 Cedar Creek	31 Happy Halloween		

VERY TENTATIVE DATES:-

Sunday, Oct 6th
Bethpage State Park

Sunday, Nov 3rd
Bethpage State Park

November

Tuesday	Thursday	Saturday	Sunday
		2 Norman Levy	3 Assoc Meet
5 Cedar Creek	7 Cedar Creek	9 Norman Levy	
12 Cedar Creek	14 Cedar Creek	16 Norman Levy	
19 Cedar Creek	21 No practice	23 Norman Levy	24 Regional Meet
26 Cedar Creek	28 Happy Thanksgiving		

Sunday, Nov 24th
Location TBD

07/21/24