

Bellmore North Bellmore PAL XC - Practice Schedule (2025)

September

Tuesday	Thursday	Saturday	Sunday
9 Cedar Creek	11 Cedar Creek	13 Norman Levy	
16 Cedar Creek	18 Cedar Creek	20 Norman Levy	
23 Cedar Creek	25 Cedar Creek	27 Norman Levy	
30			

October

Tuesday	Thursday	Saturday	Sunday
	2 Cedar Creek	4 Norman Levy	
7 Cedar Creek	9 Cedar Creek	11 Norman Levy	
14 Cedar Creek	16 Cedar Creek	18 Norman Levy	
21 Cedar Creek	23 Cedar Creek	25 Norman Levy	
28 Cedar Creek	30 Cedar Creek		

November

Tuesday	Thursday	Saturday	Sunday
		1 Norman Levy	
4 Cedar Creek	6 Cedar Creek	8 Norman Levy	9 Assoc Meet
11 Cedar Creek	13 Cedar Creek	15 Norman Levy	
18 Cedar Creek	20 Cedar Creek	22 Norman Levy	23 Reg 1 - MA

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

TENTATIVE MEET DATES:-

Sunday, Nov 9th
Bethpage State Park

Sunday, Nov 23rd
Attleboro, MA

rev 8/14/25