

Bellmore North Bellmore PAL XC - Practice Schedule (2026)

September

Tuesday	Thursday	Saturday	Sunday
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			

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 Norman Levy	
6 Cedar Creek	8 Cedar Creek	10 Norman Levy	
13 Cedar Creek	15 Cedar Creek	17 Norman Levy	
20 Cedar Creek	22 Cedar Creek	24 Norman Levy	
27 Cedar Creek	29 Cedar Creek		

TENTATIVE MEET DATES:-

November

Tuesday	Thursday	Saturday	Sunday
3 Cedar Creek	5 Cedar Creek	7 Norman Levy	8 Assoc Meet
10 Cedar Creek	12 Cedar Creek	14 Norman Levy	
17 Cedar Creek	19 Cedar Creek	21 Norman Levy	22 Reg 1 Championships
24 Cedar Creek	26 <i>Thanksgiving</i>		

Sunday, Nov 8th
Bethpage State Park

Sunday, Nov 22nd
Berwick, ME