

# September 2018

August '18							October '18						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4		1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	31		28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	<b>1</b> Lagoon Valley Classic  Lagoon Valley Park Vacaville
<b>2</b>	<b>3</b> Labor Day	<b>4</b> Threshold 4:30-6:30PM OV Park	<b>5</b> Easy Distance 4:30-6:30PM Davies Park	<b>6</b> Speed 4:30-6:30PM Casa Track	<b>7</b> Pre-Race 6:30-7:30AM Casa Track	<b>8</b> Lowell Invite  Golden Gate Park San Francisco
<b>9</b>	<b>10</b> Easy Distance 4:30-6:30PM Davies Park	<b>11</b> Interval 4:30-6:30PM Casa Track	<b>12</b> Easy Distance 4:30-6:30PM Lew Howard	<b>13</b> Threshold 4:30-6:30PM OV Park	<b>14</b> Easy Distance 4:30-6:30PM Dam Road	<b>15</b> Long Run 8:00-9:30AM Stables
<b>16</b>	<b>17</b> Long Run 4:30-6:30PM Stables	<b>18</b> Speed 4:30-6:30PM Casa Track	<b>19</b> Easy Distance 4:30-6:30PM Dam Road	<b>20</b> Interval 4:30-6:30PM OV Park	<b>21</b> Pre-Race 6:30-7:30AM Casa Track	<b>22</b> Pacific Tiger Invite  Elkhorn Golf Course Stockton
<b>23</b>	<b>24</b> Interval 4:30-6:30PM Casa Track	<b>25</b> Easy Distance 4:30-6:30PM Dam Road	<b>26</b> Easy Distance 4:30-6:30PM Lew Howard	<b>27</b> GEL Center Meet 1  Renfree Park Sacramento	<b>28</b> Pre-Race 6:30-7:30AM Casa Track	<b>29</b> Capital Cross Challenge  Haggin Oaks GC Sacramento
<b>30</b>	<b>1</b>	Notes				

# October 2018

September '18							November '18						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	
						30							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	<b>1</b> Long Run 4:30-6:30PM Dam Road	<b>2</b> Speed 4:30-6:30PM Casa Track	<b>3</b> Easy Distance 4:30-6:30PM Lew Howard	<b>4</b> Interval 4:30-6:30PM OV Park	<b>5</b> Easy Distance 4:30-6:30PM Davies Park	<b>6</b> Clovis Invitational (Varsity Boys Only)  Woodward Park Fresno
<b>7</b>	<b>8</b> Interval 4:30-6:30PM Casa Track	<b>9</b> Easy Distance 4:30-6:30PM Dam Road	<b>10</b> Easy Distance 4:30-6:30PM Davies Park	<b>11</b> GEL Center Meet #2  Dixon High School Dixon	<b>12</b> Pre-Race 6:30-7:30AM Casa Track	<b>13</b> Bronco Invitational  Willow Hills Folsom
<b>14</b>	<b>15</b> Long Run 4:30-6:30PM Stables	<b>16</b> Easy Distance 4:30-6:30PM Lew Howard	<b>17</b> Speed 4:30-6:30PM Casa Track	<b>18</b> Pre-Race 4:30-6:30PM OV Park	<b>19</b> Clovis North Invite  Clovis North HS Clovis	<b>20</b> Yosemite  Yosemite
<b>21</b>	<b>22</b> Interval 4:30-6:30PM Casa Track	<b>23</b> Easy Distance 4:30-6:30PM Dam Road	<b>24</b> Pre-Race 6:30-7:30AM Casa Track	<b>25</b> GEL Championships  Muller Park Woodland	<b>26</b> Easy Distance 4:30-6:30PM Davies Park	<b>27</b> Long Run 8:00-9:30AM Stables
<b>28</b>	<b>29</b> Oak Avenue Mile 4:30-6:00PM Casa Track	<b>30</b> Easy Distance 4:30-6:00PM Dam Road	<b>31</b> Speed 4:30-6:00PM Casa Track	<b>1</b> Easy Distance 4:30-6:00PM Lew Howard	<b>2</b> Pre-Race 6:30-7:30AM Casa Track	<b>3</b> Sub-Section Meet  Calaveras County Fairgrounds
4	5	Notes				

# November 2018

October '18							December '18						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30	31				23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Oak Avenue Mile 4:30-6:00PM Casa Track	30 Easy Distance 4:30-6:00PM Dam Road	31 Speed 4:30-6:00PM Casa Track	1 Easy Distance 4:30-6:00PM Lew Howard	2 Pre-Race 6:30-7:30AM Casa Track	3 Sub-Section Meet Calaveras County Fairgrounds
4 Daylight Savings	5 Interval 3:30-5:00PM Casa Track	6 Easy Distance 3:30-5:00PM Dam Road	7 Speed 3:30-5:00PM Casa Track	8 Easy Distance 3:30-5:00PM Willow Hills	9 Pre-Race 6:30-7:30AM Casa Track	10 Section Championships Willow Hills Folsom
11	12 Long Run 3:30-5:00PM Stables	13 Speed 3:30-5:00PM Casa Track	14 Easy Distance 3:30-5:00PM Dam Road	15 Easy Distance 3:30-5:00PM Lew Howard	16 Interval 3:30-5:00PM OV Park	17 OFF
18	19 Threshold 7:00-8:30AM Casa Track	20 Easy Distance 7:00-8:30AM Stables	21 Speed 7:00-8:30AM Casa Track	22 OFF	23 Pre-Race 7:00-8:00AM Casa Track	24 CIF State Championships Woodward Park Fresno
25	26	27	28	29	30	1
2	3	Notes				