

Nampa Christian Cross Country

September 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 Practice 11:00 @Deer Flat Wildlife Refuge Van leaves @10:45	4 Practice 3:15 @ NC	5 Practice 3:15 @ NC	6 <i>Homedale Invite</i> <i>TBA (4:30ish)</i>	7 Practice 3:15 @ NC	8 OYO: 30-35 minutes (E)
9	10 Practice 3:15 @ NC	11 Practice 3:15 @ NC	12 OYO: 25-35 minutes (E)	13 OYO: 40-50 minutes (E) 6 striders	14 Depart for Idaho Falls 10:30 @NC Jog course @ 5:00	15 <i>Tiger/Grizz Invite</i> <i>Freeman Park, IF</i>
16	17 Practice L. Lowell Access Rd Bus leaves @ 3:05	18 Practice 3:15 @ NC	19 Practice 3:15 @ NC	20 Practice 3:15 @ NC	21 Practice 3:15 @ NC	22 <i>Bob Firman Invite</i> <i>Eagle Island S.P.</i>
23	24 Practice 3:15 @ West Park Van leaves @3:05	25 Practice 3:15 @ NC	26 Practice 3:15 @ NC	27 Practice 3:15 @ DFWR Van leaves @3:05	28 Practice 3:15 @ NC	29 OYO: 30-35 minutes (E)