



2009 - 2010 Schedule

uOttawa

Cross Country

September

Tba ** Tba - Student / Athlete Eligibility Sessions Ottawa, ON

9 Wed uOttawa Fall Courses Begin Ottawa, ON

13	Sun	AM - XC Team Fitness Evaluation Test	Ottawa, ON
13	Sun	PM - XC Team Meeting	

19 Sat Hoffman Invitational (St. Lawrence U.) Canton, NY

26 Sat Training

October

2 Fri Paul Short Invitational (Lehigh U) Bethlehem, PA

3 Sat Training Ottawa, ON

10 Sat Training Ottawa, ON

12 Mon Thanksgiving Holiday Ottawa, ON

17 Sat Training

25 Sun uOttawa XC Open (W-3km / M-5km) Ottawa, ON

31 Sat OUA Championships St Catharines, ON

November

14 Sat Canadian University Championships Kingston, ON

15 Sun Ontario Club Championships Toronto, ON

21 Sat Dome Distance Dance Ottawa, ON

28 Sat Canadian National Club Championships Guelph, ON



2009 - 2010 Schedule

uOttawa

Track & Field

September

Tba *** Tba - Student / Athlete Eligibility Sessions Ottawa, ON

Early September and Late September Options

9 Wed uOttawa Courses Begin Ottawa, ON

20	Sun	Full Track & Field Team Meeting	Ottawa, ON
21-26	M-S	Track & Field Team Training Begins	Ottawa, ON

October - Just Training - Get stronger - Getting faster Ottawa, ON

November

21 Sat Dome Distance Dance Ottawa, ON

(1500m, 3000m, 5000m, 4 x 800m)

(Pentathlon - Men & Women)

27 Fri Red - Garnett & Gold Challenge Ottawa, ON

(uOttawa / Queen's / McGill)

December

5 Sat McGill Open Montreal, QC

9-23 - uOttawa Exam Period Ottawa, ON

12 Sat Saints Holiday Relays (St. Lawrence U.) Canton, NY

19 Sat Dome Super Saturday Series Ottawa, ON

January

5 uOttawa Classes Resume

9-10 S-S Dartmouth Relays Hanover, NH

16 Sat Dome Super Saturday Series Ottawa, ON

23 Sat St. Lawrence Classic Canton, NY

29-30 F-S McGill Team Invitational Montreal, QC

February

6 Sat TBA - Yale or Syracuse or York Tba

13 Sat uO Winternational Invitational Ottawa, ON

14-20 - uOttawa Reading Week -

19 Fri McGill Open Montreal, QC

26-27 Fri-Sat Ontario University Championships Toronto, ON

March

6 Sat Dome Super Saturday Series Ottawa, ON

& 3rd Annual uO CIS Relay Challenge

11-13 Thu - Sat Canadian University Championships Windsor, ON

**Go to: www.OTTAWALIONS.COM for
Spring and Summer Competition Programs**