

| OCTOBER 2025 – “B” Group |                                   |                          |                                                                                               |                          |                          |                          |                                      |
|--------------------------|-----------------------------------|--------------------------|-----------------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------------------|
|                          | Monday                            | Tuesday                  | Wednesday                                                                                     | Thursday                 | Friday                   | Saturday                 | Sunday                               |
|                          |                                   |                          | 1                                                                                             | 2                        | 3                        | 4                        | 5                                    |
| am                       |                                   |                          |                                                                                               |                          |                          | 6:00 – 7:30<br>(3 lanes) |                                      |
| pm                       |                                   |                          | 6:00-6:50<br><b>Dry land</b><br>Track location<br>(12483 Ninth Line)<br>(Stouffville L4a 7x5) | 4:00 – 5:30<br>(3 lanes) | 4:00 – 5:00<br>(3 lanes) |                          | 2:00 – 4:00<br>Pan Am<br>Scarborough |
|                          | 6                                 | 7                        | 8                                                                                             | 9                        | 10                       | 11                       | 12                                   |
| am                       |                                   |                          |                                                                                               |                          |                          | 6:00 – 7:30<br>(3 lanes) |                                      |
| pm                       |                                   | 4:00 – 5:30<br>(3 lanes) | 6:00-6:50<br><b>Dry land</b><br>Track location<br>(12483 Ninth Line)<br>(Stouffville L4a 7x5) | 4:00 – 5:30<br>(3 lanes) | 4:00 – 5:00<br>(3 lanes) |                          | 2:00 – 4:00<br>Pan Am<br>Scarborough |
|                          | 13                                | 14                       | 15                                                                                            | 16                       | 17                       | 18                       | 19                                   |
| am                       |                                   |                          |                                                                                               |                          |                          |                          |                                      |
| pm                       | <b>Thanksgiving<br/>Day – OFF</b> | 4:00 – 5:30<br>(3 lanes) | 6:00-6:50<br><b>Dry land</b><br>Track location<br>(12483 Ninth Line)<br>(Stouffville L4a 7x5) | 4:00 – 5:30<br>(3 lanes) | <b>MAC Fall Fest</b>     | <b>MAC Fall Fest</b>     | <b>MAC Fall Fest</b>                 |
|                          | 20                                | 21                       | 22                                                                                            | 23                       | 24                       | 25                       | 26                                   |
| am                       |                                   |                          |                                                                                               |                          |                          | 6:05 – 7:35<br>(3 lanes) |                                      |
| pm                       |                                   | 4:00 – 5:30<br>(3 lanes) | 6:00-6:50<br><b>Dry land</b><br>Track location<br>(12483 Ninth Line)<br>(Stouffville L4a 7x5) | 4:00 – 5:30<br>(3 lanes) | 4:00 – 5:00<br>(3 lanes) |                          | 2:00 – 4:00<br>Pan Am<br>Scarborough |
|                          | 27                                | 28                       | 29                                                                                            | 30                       | 31                       |                          |                                      |

|    |  |                          |                                                                                               |                          |                                        |  |  |
|----|--|--------------------------|-----------------------------------------------------------------------------------------------|--------------------------|----------------------------------------|--|--|
| am |  |                          |                                                                                               |                          |                                        |  |  |
| pm |  | 4:00 – 5:30<br>(3 lanes) | 6:00-6:50<br><b>Dry land</b><br>Track location<br>(12483 Ninth Line)<br>(Stouffville L4a 7x5) | 4:00 – 5:30<br>(3 lanes) | 4:00 – 5:00<br>(3 lanes)<br>(Optional) |  |  |
|    |  |                          |                                                                                               |                          |                                        |  |  |