

MARCH 2010

Wildcat Jr. High Track

Updated: 5/4/2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8 Practice @ Jr. High 3:30 - 5:00 Gym if available Café and Main Hall if not.	9 Practice @ Jr. High 3:30 - 5:00 Gym if available Café and Main Hall if not.	10 Practice @ Jr. High 3:30 - 5:00 Gym if available Café and Main Hall if not.	11 Practice @ Jr. High 3:30 - 5:00 Introduce jumps & pole vault	12 Practice @ Stadium 5:00 - 6:30 Introduce throws.	13 Practice @ Stadium 10:30 - 12:30 Introduce sprints & hurdles.
14	15 Practice @ Jr. High 3:30 - 5:00 Gym if available Café and Main Hall if not.	16 Practice @ Stadium 5:00 - 6:30 Introduce throws	17 Practice @ Stadium 5:00 - 6:30	18 Practice @ Stadium 5:00 - 6:30 Introduce distance & relays.	19 Practice @ Stadium 5:00 - 6:30 Introduce jumps & pole vault	20 Practice @ Stadium 10:30 - 12:30 <i>Meet an Official</i>
21	22 Practice @ Stadium 5:00 - 6:30	23 Practice @ Stadium 5:00 - 6:30	24 Practice @ Stadium 3:45 - 5:30 Watch and learn at Varsity meet. Catch shuttle.	25 Practice @ Stadium 5:00 - 6:30	26 Practice @ Stadium 5:00 - 6:30 Mock meet?	27 Practice @ Stadium 10:30 - 12:30 Mock meet? ("Take-off 5K")
28	29 Practice @ Stadium 5:00 - 6:30 Mock meet?	30 Away Meet	31 Practice @ Stadium 3:45 - 5:30			

APRIL 2010

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Practice @ Stadium 5:00 - 6:30	2 Good Friday	3
4	5 Practice @ Stadium 5:00 - 6:30	6 Practice @ Stadium 3:45 - 5:30	7 Meet at Stadium 4 - 7pm	8 Practice @ Stadium 5:00 - 6:30	9 Practice @ Stadium 5:00 - 6:30	10 Practice @ Stadium 10:30 - 12:30
11	12 Practice @ Stadium 5:00 - 6:30	13 Away meet @ Greensburgh Salem 4:00	14 Practice @ Stadium 5:00 - 6:30	15 Practice @ Stadium 5:00 - 6:30	16 Practice @ Stadium 3:45 - 5:30	17 (A Rabbit Runs Through It @ Stadium 8 - 12) Practice TBA
18	19 Practice @ Stadium 5:00 - 6:30	20 Practice @ Stadium 5:00 - 6:30	21 Practice @ Stadium 3:45 - 5:30	22 Practice @ Stadium 5:00 - 6:30 RELAY MEET???	23 No Practice	24 Practice @ Stadium 10:30 - 12:30
25	26 Practice @ Stadium 5:00 - 6:30	27 Meet at Stadium 4 - 7pm	28 Practice @ Stadium 5:00 - 6:30	29 Away at Mars Invitational	30 Practice @ Stadium 5:00 - 6:30	

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Practice @ Stadium 5:00 - 6:30	4 Practice @ Stadium 5:00 - 6:30	5 Practice @ Stadium 5:00 - 6:30	6 Away meet @ Norwin 4:00	7 Practice @ Stadium 3:45 - 5:30	8 Practice @ Stadium 10:30 - 12:30
9	10 Away meet	11 Practice @ Stadium 3:45 - 5:30	12 Meet at Stadium 4 - 7pm	13 Practice @ Stadium 3:45 - 5:30	14 No Practice	15 WAADA Championships - Stadium: All Day
	17	18	19 Practice @ Stadium 3:45 - 6:30	20	21	22
23	24	25	26	27	28	