

## Track & Field      December 2009

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
13	14 •	15	16 •	17 •	18 •	19
20 •	21 • Track Workout 12 - 1:30	22	23 Track Workout 12 - 1:30	24 Christmas Eve	25 Christmas	26
27 •	28 •	29 • Track Workout 12-1:30	30	31 •		

## Track & Field      January 2010

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 New Years Day	2
3	4 •	5 • Track Workout after school	6 •	7 • Track workout after school	8 • Track Workout 5:45 AM	9
10	11 • Track Workout 5:45 AM	12 • Track Workout 5:45 AM	13 •	14 •	15 • Track Workout 5:45 AM	16
17 •	18 • NO SCHOOL	19 • NO SCHOOL	20 • Track Workout 5:45 AM	21	22 • Track Workout after school	23
24	25 • Track Workout <b>after school</b>	26	27 Team Meeting after school in Rm 245 followed by <u>Workout</u>	28 • Coach Leaving for clinic	29 Coach gone for Clinic	30 Indoor Meet - Gareat Complex - Geneva OH
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## Track & Field February 2010

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Track Workout after school	2 Track Workout after school	3 •	4 • Track Workout after school	5	6 •
7 •	8 Workout after school	9 Workout after school	10 •	11 • Workout after school	12 •	13 •
14 •	15 Workout after school	16 • Workout after school	17 •	18 • Workout after school	19 •	20 • GaReat Tri-State Indoor Meet
21 •	22 Workout after school	23 Workout after school	24 •	25 Workout after school	26 •	27 • GaReat Tri-State Indoor meet #2

## Track & Field March 2010

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
28	1 • Workout after school	2 Workout after school	3 •	4 • Workout after school	5 •	6 •
7 Kent St. Indoor Meet	8 <u>First Official Day of Practice for outdoor Track</u>	9 After School Practice	10 • After School Practice	11 • After School Practice	12 • After School Practice	13 •
14 • Oberlin Indoor Meet??	• 15 • After School Practice	16 • After School Practice	17 • After School Practice	18 • After School Practice	19 • After School Practice	20 • Indoor States
21	22 After School Practice	23 After School Practice	24 After School Practice	25 After School Practice	26 • After School Practice	27 •
28	29 After School Practice	30 After School Practice	31 After School Practice			