

High School Girls Track Schedule February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i> Indoor Meet at Findlay	<i>17</i>	<i>18</i> Conditioning 3:15-4:30	<i>19</i> Conditioning 3:15-4:30	<i>20</i> Conditioning 3:15-4:30	<i>21</i>	<i>22</i>
<i>23</i> Must attend two weight room sessions this week	<i>24</i> <i>First Day of Practice</i> 3:15-4:30 4:30-5:15 Weight Room	<i>25</i> 3:15-4:30 4:30-5:15 Weight Room	<i>26</i> 3:15-4:30 4:30-5:15 Weight Room	<i>27</i> 3:15-4:30 4:30-5:15 Weight Room	<i>28</i> 3:15-4:30 4:30-5:15 Weight Room	<i>29</i> Pictures 8:00 am Track Setup after pictures

High School Girls Track Schedule

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i> Must attend two weight room sessions this week	<i>2</i> 3:15-4:30 4:30-5:15 Weight Room	<i>3</i> 3:15-4:30 4:30-5:15 Weight Room	<i>4</i> 3:15-4:30 4:30-5:15 Weight Room	<i>5 Spike Night at Can't Stop Running 4-8</i> 3:15-4:30 4:30-5:15 Weight Room	<i>6 Spring Play 7:00</i> 3:15-4:30 4:30-5:15 Weight Room	<i>7 Spring Play 7:00</i>
<i>8</i> Must attend two weight room sessions this week	<i>9</i> 3:15-4:30 4:30-5:15 Weight Room	<i>10 Winter Sports Awards 6:00 PM</i> 3:15-4:30 4:30-5:15 Weight Room	<i>11</i> 3:15-4:30 4:30-5:15 Weight Room	<i>12</i> 3:15-4:30 4:30-5:15 Weight Room	<i>13</i> 3:15-4:30 4:30-5:15 Weight Room	<i>14</i>
<i>15</i> Must attend two weight room sessions this week	<i>16</i> 3:15-4:30 4:30-5:15 Weight Room	<i>17</i> 3:15-4:30 4:30-5:15 Weight Room	<i>18</i> 3:15-4:30 4:30-5:15 Weight Room	<i>19</i> 3:15-4:30 4:30-5:15 Weight Room	<i>20</i> 3:15-4:30 4:30-5:15 Weight Room	<i>21</i>
<i>22</i> Must attend two weight room sessions this week	<i>23</i> 3:15-4:30 4:30-5:15 Weight Room	<i>24</i> 3:15-4:30 4:30-5:15 Weight Room	<i>25</i> 3:15-4:30 4:30-5:15 Weight Room	<i>26</i> 3:15-4:30 4:30-5:15 Weight Room	<i>27</i> 3:15-4:30 4:30-5:15 Weight Room	<i>28</i>
<i>29</i> Must attend one weight room sessions this week	<i>30</i> 3:15-4:30	<i>31</i> Coldwater Quad 4:30 PM Bus 3:00 PM	<i>April 1</i> 3:15-4:30 4:30-5:15 Weight Room	<i>2</i> 3:15-4:30 4:30-5:15 Weight Room	<i>3</i> 3:15-4:30	<i>4 Prom</i> Versailles Invitational 9:00 AM Bus 7:50 AM

High School Girls Track Schedule

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Must attend one weight room sessions this week			<i>1</i> 3:15-4:30 4:30-5:15 Weight Room	<i>2</i> 3:15-4:30 4:30-5:15 Weight Room	<i>3</i> 3:15-4:30	4 Prom Versailles Invitational 9:00 AM? Bus 7:50 AM
<i>5</i> Must attend one weight room sessions this week	<i>6</i> 3:15-4:30	<i>7</i> Houston Quad 4:30 PM	<i>8</i> 3:15-4:30 4:30-5:15 Weight Room	<i>9</i> 3:15-4:30 4:30-5:15 Weight Room	<i>10 No School</i> No Practice (Run on your own)	<i>11</i> Anna Invitational 9:00 AM Bus 7:40 AM
<i>12</i> Must attend one weight room sessions this week	<i>13 No School</i> TBA	<i>14</i> Covington Quad 4:30 PM Bus 3:25 PM	<i>15</i> 3:15-4:30 4:30-5:15 Weight Room	<i>16</i> 3:15-4:30 4:30-5:15 Weight Room	<i>17</i> 3:15-4:30	<i>18</i> Minster Memorial Invitational 9:00 AM Bus 7:50 AM
<i>19</i> Must attend one weight room sessions this week	<i>20</i> 3:15-4:30 4:30-5:15 Weight Room	<i>21</i> 3:15-4:30 4:30-5:15 Weight Room Spring Band Concert	<i>22</i> 3:15-4:30 4:30-5:15 Weight Room	<i>23</i> 3:15-4:30	<i>24</i> Ansonia Tiger Relays 4:30 PM Bus 3:10 PM	<i>25</i>
<i>26</i> Must attend two weight room sessions this week	<i>27</i> 3:15-4:30 4:30-5:15 Weight Room	<i>28</i> TBA Meet or 3:15-4:30 4:30-5:15 Weight Room	<i>29</i> 3:15-4:30 4:30-5:15 Weight Room	30 JH Home Meet 3:15-4:00 Help with meet after practice	<i>May 1</i> Newton Twilight Invitational 6:15 PM Bus 5:00 PM	<i>2</i>

High School Girls Track Schedule May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Newton Twilight Invitational 6:15 PM Bus 5:00 PM	2
3 Must attend one weight room sessions this week	4 3:15-4:30	5 Anna Quad 4:30 PM Bus 3:10 PM	6 3:15-4:30 4:30-5:15 Weight Room	7 3:15-4:30	8 Covington Invitation- al 4:30 PM Bus 3:25 PM	9
10 Must attend one weight room sessions this week	11 3:15-4:30 4:30-5:15 Weight Room	12 3:15-4:30	13 SCAL Meet @ Anna 4:30 PM Bus 3:10 PM	14 3:15-4:30	15 <i>Last Day School</i> SCAL Meet @ Anna 4:30 PM Bus 3:10 PM	16
17 Must attend one weight room sessions this week	18 TBA	19 District Meet @ Piqua TBA Bus TBA	20 TBA	21 TBA	22 TBA	23 District Meet @ Piqua TBA Bus TBA
24 Must attend one weight room sessions this week	25 TBA	26 TBA	27 Regional Meet @ Troy TBA Bus TBA	28 TBA	29 Regional Meet @ Troy TBA Bus TBA	30
31 Must attend two weight room sessions this week	<i>June 1</i> TBA	2 TBA	3 TBA	4 TBA	5 State Meet	6 State Meet