

Last Updated:
 Wednesday, April 06, 2011

2011 Track & Field Schedule

APRIL

	Tuesday	Wednesday	Thursday	Friday	Saturday	
	SPRING SERIES RACE (at JFK HS) ALL ATHLETES 2:56 - 5:15	REST - REST	ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	Warm Up, Stretch, Calisthenics & LSD run	
Sunday Warm Up, Stretch, Calisthenics & LSD run	Monday ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	Tuesday ALL TEAM Lite PRACTICE (At High School) 3:00PM - 4:00PM	Wednesday SPRING SERIES RACE (at JFK HS) ALL ATHLETES 2:56 - 5:15	Thursday ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	Friday ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	Saturday MAYOR'S CUP (By Invitation) (See info sheet)
Sunday Warm Up, Stretch, Calisthenics & LSD run	Monday ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	Tuesday SPRING SERIES RACE (at Van Cortlandt) ALL ATHLETES 2:56 - 5:15	Wednesday REST - REST	Thursday ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	Friday ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	Saturday Warm Up, Stretch, Calisthenics & LSD run
Sunday Warm Up, Stretch, Calisthenics & LSD run	Monday ALL TEAM PRACTICE (at Pelham Bay) 12:30PM - 2:00PM	Tuesday ALL TEAM PRACTICE (at Pelham Bay) 12:30PM - 2:00PM	Wednesday REST - REST	Thursday ALL TEAM PRACTICE (at Van Cortlandt) 12:30PM - 2:00PM	Friday REST - REST	Saturday Warm Up, Stretch, Calisthenics & LSD run
Sunday REST - REST	Monday ALL TEAM PRACTICE (at Pelham Bay) 12:30PM - 2:00PM	Tuesday Warm Up, Stretch, Calisthenics & LSD run	Wednesday ALL TEAM PRACTICE (At High School) 3:00 PM - 4:30PM	Thursday ALL TEAM PRACTICE (At High School) 3:00 PM - 4:30PM	Friday ALL TEAM PRACTICE (At High School) 3:00 PM - 4:30PM	Saturday REST - REST