

Last Updated:
Friday, February 04, 2011

Track & Field Schedule

MARCH

	Tuesday FIRST OFFICIAL MEETING <i>Intro to Warm-Up</i> Forms Due Meeting @2:54pm Rm104	Wednesday ALL TEAM PRACTICE UP & AWAY! (OUTDOOR) DRESS WARMLY 2:56 - 4:30	Thursday REST - REST	Friday All Team Practice (OUTDOOR) 2:56 - 4:30	Saturday REST - REST	
Sunday Warm Up, Stretch, Calisthenics & LSD run	Monday All Team Practice (OUTDOOR) 2:56 - 4:30	Tuesday All Team Practice (OUTDOOR) 2:56 - 4:30	Wednesday REST - REST	Thursday All Team Practice (OUTDOOR) 2:56 - 4:30	Friday All Team Practice (OUTDOOR) 2:56 - 4:30	Saturday REST - REST
Sunday Warm Up, Stretch, Calisthenics & LSD run	Monday All Team Practice (OUTDOOR) 2:56 - 4:30	Tuesday All Team Practice (OUTDOOR) 2:56 - 4:30	Wednesday REST - REST	Thursday All Team Practice (OUTDOOR) 2:56 - 4:30	Friday All Team Practice (OUTDOOR) 2:56 - 4:30	Saturday SEASON OPENER @ RANDALL'S ISLAND (By Invitation) (See Info Sheet) POLE VAULTERS
Sunday REST - REST	Monday All Team Practice (OUTDOOR) 2:56 - 4:30	Tuesday All Team Practice (OUTDOOR) 2:56 - 4:30	Wednesday Warm Up, Stretch, Calisthenics & LSD run	Thursday SPRING SERIES RACE (at Van Cortlandt) ALL ATHLETES 2:56 - 5:15	Friday All Team Practice (OUTDOOR) 2:56 - 4:30	Saturday Warm Up, Stretch, Calisthenics & LSD run
Sunday Warm Up, Stretch, Calisthenics & LSD run	Monday All Team Practice (OUTDOOR) 2:56 - 4:30	Tuesday SPRING SERIES RACE (at JFK HS) ALL ATHLETES 2:56 - 5:15	Wednesday Warm Up, Stretch, Calisthenics & LSD run	Thursday All Team Practice (OUTDOOR) 2:56 - 4:30	Friday All Team Practice (OUTDOOR) 2:56 - 4:30	Saturday REST - REST