

Last Updated:
Wednesday, April 06, 2011

2011 Track & Field Schedule

MAY

		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	Tuesday REST - REST
Sunday PSAL OFFICIAL'S MEET (All Athletes) (See info sheet)	Monday REST - REST	Tuesday SPRING SERIES RACE (at Van Cortlandt) ALL ATHLETES 2:56 - 5:15	Wednesday Warm Up, Stretch, Calisthenics & LSD run	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
Sunday Warm Up, Stretch, Calisthenics & LSD run	Monday ALL TEAM PRACTICE (At High School) 3:00 PM - 4:30PM	Tuesday ALL TEAM PRACTICE (At High School) 3:00 PM - 4:30PM	Wednesday REST - REST	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 BRUCE SELMAN MEMORIAL MEET @ JFK HS
Sunday Warm Up, Stretch, Calisthenics & LSD run	Monday ALL TEAM PRACTICE (At High School) 3:00 PM - 4:30PM	Tuesday ALL TEAM PRACTICE (At High School) 3:00 PM - 4:30PM	Wednesday REST - REST	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 BRONX BOROUGH CHAMPIONSHIPS
Sunday Warm Up, Stretch, Calisthenics & LSD run	Monday Frosh/Soph & City Qualifiers TEAM PRACTICE (At High School) 3:00 PM - 4:30PM	Tuesday Frosh/Soph & City Qualifiers TEAM PRACTICE (At High School) 3:00 PM - 4:30PM	Wednesday REST - REST	Thursday City Qualifiers TEAM PRACTICE (At High School) 3:00 PM - 4:30PM	Friday City Qualifiers TEAM PRACTICE (At High School) 3:00 PM - 4:30PM	SUNDAY MAY 29 th , 2011 FROSH/SOPH CHAMPS!!!