

Urban Track & Field Calendar March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2.	3.	4.	5.	6.	7.
8.	9. Informational Track Meeting @ Urban 4 PM	10.	11.	12.	13.	14.
15.	16.	17.	18.	19.	20. SPRING BREAK	21. SPRING BREAK
22. SPRING BREAK	23. SPRING BREAK	24. SPRING BREAK	25. SPRING BREAK	26. SPRING BREAK	27. SPRING BREAK	28. SPRING BREAK
29. SPRING BREAK	30. SPRING BREAK	31.				

Urban Track & Field Calendar April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1.	2.	3.	4.
5.	6. FIRST DAY OF PRACTICE	7.	8. NO PRACTICE	9.	10.	11.
12.	13.	14.	15. NO PRACTICE	16.	17. FITNESS FRIDAY Track Workout/ Fitness Center	18.
19.	20. Meet @ South High 4 PM *NO BUS, provide your own transportation. Have students arrive by 3:30 PM	21.	22. NO PRACTICE	23.	24. FITNESS FRIDAY Track Workout/ Fitness Center	25.
26.	27.	28. Meet @ Hilbert Leave Urban by bus @ 2:45 PM	29. NO PRACTICE	30.		

Practice 3:30–5:00 PM

Urban Track & Field Calendar May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. FITNESS FRIDAY Track Workout/ Fitness Center	2.
3.	4. Meet @ Valders Leave Urban by bus @ 2:45 PM	5.	6. NO PRACTICE	7. Meet @ North High 4 PM Have students arrive by 3:30 PM	8.	9.
10.	11. Meet @ Sheb. Falls 4 PM *NO BUS, provide your own transportation. Have students arrive by 3:30 PM	12. Light Practice	13. NO PRACTICE	14. Team Awards, Return Uniform & Run to McDonalds	15.	16.

Practice 3:30–5:00 PM

Coaches:

Annie West-

Chris Knudtson- High Jump/ Shot Put

Michelle Perronne- Long Distance/ Long Jump

PJ Ladd- Short Distance/ timing

Managers: Gemma Schaub/ Braleigh Schulz