

# February – March

2019


## Lady Hawks Track Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 7:00am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	5 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	6 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	7 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	8 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	9
10	11 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	12 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	13 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	14 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	15 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	16
17	18 <b>No School</b>	19 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	20 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	21 Dual Meet @ Cedar Park HS	22 Practice in athletic period only	23
24	25 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	26 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	27 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	28 Meet @ Vista Ridge HS	1 March Practice in athletic period only	2
3	4 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	5 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	6 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	7 Meet @ Glenn HS	8 Practice in athletic period only	9

# March – April

2019

## Lady Hawks Track Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	12 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	13 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	14 Meet @ Vista Ridge HS	15 No School	16
17	18	19	20	21	22	23
 <p><b>← SPRING BREAK →</b></p>						
24	25 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	26 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	27 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	28 Meet @ Running Brushy MS	29 Practice in athletic period only	30
31	<b>APRIL</b> 1 7:30am – Running Practice 1 <sup>st</sup> – Field Event practice 8 <sup>th</sup> – Field Event practice	2 <b>District Meet @ Vandegrift</b> 8PV, SP, HJ, TJ Running Prelims 2400m Final	3 <b>District Meet @ Vandegrift</b> 7PV, Discus, LJ Running Finals	4	5	6