

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 WEEK 24 PRACTICE UNTIL 4:30PM DAILY*	10 <u>DURING THE PERIOD</u> -BOYS SPRINTS -GIRLS SPRINTS -DISTANCE -BOYS DISCUS -GIRLS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -GIRLS HURDLES -GIRLS RELAYS -GIRLS DISCUS -BOYS SHOT -POLE VAULT -HIGH JUMP -BOYS LONG AND TRIPLE	11 <u>DURING THE PERIOD</u> -GIRLS SPRINTS -BOYS SPRINTS -DISTANCE -GIRLS DISCUS -BOYS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -BOYS HURDLES -BOYS RELAYS -BOYS DISCUS -GIRLS SHOT -POLE VAULT -HIGH JUMP -GIRLS LONG AND TRIPLE	12 <u>DURING THE PERIOD</u> -BOYS SPRINTS -GIRLS SPRINTS -DISTANCE -BOYS DISCUS -GIRLS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -GIRLS HURDLES -GIRLS RELAYS -GIRLS DISCUS -BOYS SHOT -POLE VAULT -HIGH JUMP -BOYS LONG AND TRIPLE	13 <u>DURING THE PERIOD</u> -GIRLS SPRINTS -BOYS SPRINTS -DISTANCE -GIRLS DISCUS -BOYS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -BOYS HURDLES -BOYS RELAYS -BOYS DISCUS -GIRLS SHOT -POLE VAULT -HIGH JUMP -GIRLS LONG AND TRIPLE	14 BAD WEATHER MAKEUP DAY	15
16 WEEK 25 PRACTICE UNTIL 4:30PM DAILY*	17 PROF. DEV. - TEACHER	18 <u>DURING THE PERIOD</u> -GIRLS SPRINTS -BOYS SPRINTS -DISTANCE -GIRLS DISCUS -BOYS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -BOYS HURDLES -BOYS RELAYS -BOYS DISCUS -GIRLS SHOT -POLE VAULT -HIGH JUMP -GIRLS LONG AND TRIPLE	19 TRACK MEET @ CTMS CTMS/EAST/NORTH 4PM	20 <u>DURING THE PERIOD</u> -BOYS SPRINTS -GIRLS SPRINTS -DISTANCE -BOYS DISCUS -GIRLS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -GIRLS HURDLES -GIRLS RELAYS -GIRLS DISCUS -BOYS SHOT -POLE VAULT -HIGH JUMP -BOYS LONG AND TRIPLE	21 <u>DURING THE PERIOD</u> -GIRLS SPRINTS -BOYS SPRINTS -DISTANCE -GIRLS DISCUS -BOYS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -BOYS HURDLES -BOYS RELAYS -BOYS DISCUS -GIRLS SHOT -POLE VAULT -HIGH JUMP -GIRLS LONG AND TRIPLE	22
23 WEEK 26 PRACTICE UNTIL 4:30PM DAILY*	24 <u>DURING THE PERIOD</u> -BOYS SPRINTS -GIRLS SPRINTS -DISTANCE -BOYS DISCUS -GIRLS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -GIRLS HURDLES -GIRLS RELAYS -GIRLS DISCUS -BOYS SHOT -POLE VAULT -HIGH JUMP -BOYS LONG AND TRIPLE	25 <u>DURING THE PERIOD</u> -GIRLS SPRINTS -BOYS SPRINTS -DISTANCE -GIRLS DISCUS -BOYS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -BOYS HURDLES -BOYS RELAYS -BOYS DISCUS -GIRLS SHOT -POLE VAULT -HIGH JUMP -GIRLS LONG AND TRIPLE	26 TRACK MEET @ CTMS CMS/WEST/NORTH 4PM	27 <u>DURING THE PERIOD</u> -BOYS SPRINTS -GIRLS SPRINTS -DISTANCE -BOYS DISCUS -GIRLS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -GIRLS HURDLES -GIRLS RELAYS -GIRLS DISCUS -BOYS SHOT -POLE VAULT -HIGH JUMP -BOYS LONG AND TRIPLE	28 <u>DURING THE PERIOD</u> -GIRLS SPRINTS -BOYS SPRINTS -DISTANCE -GIRLS DISCUS -BOYS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -BOYS HURDLES -BOYS RELAYS -BOYS DISCUS -GIRLS SHOT -POLE VAULT -HIGH JUMP -GIRLS LONG AND TRIPLE	1

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 WEEK 27 PRACTICE UNTIL 4:30PM DAILY*	3 <u>DURING THE PERIOD</u> -BOYS SPRINTS -GIRLS SPRINTS -DISTANCE -BOYS DISCUS -GIRLS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -GIRLS HURDLES -GIRLS RELAYS -GIRLS DISCUS -BOYS SHOT -POLE VAULT -HIGH JUMP -BOYS LONG AND TRIPLE	4 <u>DURING THE PERIOD</u> -GIRLS SPRINTS -BOYS SPRINTS -DISTANCE -GIRLS DISCUS -BOYS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -BOYS HURDLES -BOYS RELAYS -BOYS DISCUS -GIRLS SHOT -POLE VAULT -HIGH JUMP -GIRLS LONG AND TRIPLE	5 HOST TRACK MEET @ CTMS HMS/WEST/EAST 4PM	6 <u>DURING THE PERIOD</u> -BOYS SPRINTS -GIRLS SPRINTS -DISTANCE -BOYS DISCUS -GIRLS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -GIRLS HURDLES -GIRLS RELAYS -GIRLS DISCUS -BOYS SHOT -POLE VAULT -HIGH JUMP -BOYS LONG AND TRIPLE	7 <u>DURING THE PERIOD</u> -GIRLS SPRINTS -BOYS SPRINTS -DISTANCE -GIRLS DISCUS -BOYS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -BOYS HURDLES -BOYS RELAYS -BOYS DISCUS -GIRLS SHOT -POLE VAULT -HIGH JUMP -GIRLS LONG AND TRIPLE	8
9 WEEK 28 PRACTICE UNTIL 4:30PM DAILY*	10 <u>DURING THE PERIOD</u> -BOYS SPRINTS -GIRLS SPRINTS -DISTANCE -BOYS DISCUS -GIRLS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -GIRLS HURDLES -GIRLS RELAYS -GIRLS DISCUS -BOYS SHOT -POLE VAULT -HIGH JUMP -BOYS LONG AND TRIPLE	11 <u>DURING THE PERIOD</u> -GIRLS SPRINTS -BOYS SPRINTS -DISTANCE -GIRLS DISCUS -BOYS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -BOYS HURDLES -BOYS RELAYS -BOYS DISCUS -GIRLS SHOT -POLE VAULT -HIGH JUMP -GIRLS LONG AND TRIPLE	12 ZONE MEET @ MP STADIUM 4PM	13 <u>DURING THE PERIOD</u> -BOYS SPRINTS -GIRLS SPRINTS -DISTANCE -BOYS DISCUS -GIRLS SHOT -GENERAL WORKOUT <u>AFTER SCHOOL</u> -GIRLS HURDLES -GIRLS RELAYS -GIRLS DISCUS -BOYS SHOT -POLE VAULT -HIGH JUMP -BOYS LONG AND TRIPLE	14 INCLEMENT WEATHER MAKE UP DAY	15
16	17 SPRING BREAK	18	19	20	21	22
23 WEEK 29	24 SOCCER TRYOUTS <u>DURING THE PERIOD</u> - MOC RUNNING - MOC FIELD	25 SOCCER TRYOUTS <u>DURING THE PERIOD</u> - MOC RUNNING - MOC FIELD	26 SOCCER TRYOUTS <u>DURING THE PERIOD</u> - MOC RUNNING - MOC FIELD	27 MEET OF CHAMPIONS @ MP STADIUM 2PM	28 SOCCER	29