



# March 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	4	5 Sprinters/Distance in weight room @4:30	6 Throwers/Jumpers in weight room @4:30	7 Sprinters/Distance in weight room @4:30	8 Throwers/Jumpers in weight room @4:30	9
10	11 Sprinters/Distance in weight room @4:30	12 Throwers/Jumpers in weight room @4:30	13 Sprinters/Distance in weight room @4:30	14 Throwers/Jumpers in weight room @4:30	15	16
17	18 @Garden Spot 4:00	19 Sprinters/Distance in weight room @4:30	20 Throwers/Jumpers in weight room @4:30	21 Sprinters/Distance in weight room @4:30	22 Throwers/Jumpers in weight room @4:30  Early Dismissal Schober Study Hall in 236	23
24	25 Sprinters/Distance in weight room @4:30	26 Throwers/Jumpers in weight room @4:30	27 Sprinters/Distance in weight room @4:30	28 Throwers/Jumpers in weight room @4:30	29	30 @Jim Kelly/Tim Cook
31	1	2	3	4	5	6



# April 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
31	1 vs. Manheim Township 4:00	2 Sprinters/Distance in weight room @4:30	3 Throwers/Jumpers in weight room @4:30	4 Sprinters/Distance in weight room @4:30	5 Throwers/Jumpers in weight room @4:30	6
7	8 @Conestog Valley 4:00	9 Sprinters/Distance in weight room @4:30	10 Throwers/Jumpers in weight room @4:30	11	12	13 @ Black Knight Invitational
14	15 @ JP McCaskey 4:00	16 Sprinters/Distance in weight room @4:30	17 Throwers/Jumpers in weight room @4:30	18 Sprinters/Distance in weight room @4:30 Throwers/Jumpers in weight room @4:30	19 No School/No Mandatory Practice. Optional practice Per Coaches	20
21	22 No Practice/No School	23 vs. Hempfield 4:00	24 Sprinters/Distance in weight room @4:30 Throwers/Jumpers in weight room @4:30	25	26 @Cy Fritz @Penn Relays	27 @Penn Relays
28	29 @ Warwick 3:#0	30 Sprinters/Distance in weight room @4:30	1	2	3	4



# May 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
28	29	30	1 Throwers/Jumpers in weight room @4:30	2	3 @ Henderson	4 @ Streak Relays
5	6 vs. Cedar Crest 4:00	7 Sprinters/Distance in weight room @4:30  Uniform Turn in for non qualifiers	8 Throwers/Jumpers in weight room @4:30	9	10 LL League Championships @ Hempfield 4:00 Early Dismissal/Study Hall for athletes? 236	11 LL League Championships @ Hempfield 10:00
12	13 Sprinters/Distance in weight room @4:30  Uniform Turn in for Non Qualifiers	14 Throwers/Jumpers in weight room @4:30	15	16	17 District 3 Championships	18 District 3 Championships
19	20 Uniform Turn in for non Qualifiers	21	22	23	24 State Championships	25 State Championships
26	27	28 All other Uniforms Must be turned in!!!	29	30	31	