

March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3^{1st} Practice – 2:50-5:30 Get gold physical card from trainers before coming to practice)	4 Practice 2:50-5:30 BOYS ONLY	5 Practice 2:50-5:30 GIRLS ONLY	6 Practice 2:50-5:30	7 Practice 2:50-5:30	8 Mid dist/dist 8:00 Sprinters – 9:30 Throw–9:30
9	10 Practice 2:50-5:30	11 Practice 2:50-5:30	12 Practice 2:50-5:30	13 Practice 2:50-5:30	14 Pope John Paul Scrimmage – home 3:30	15 Mid dist/dist 8:00 Sprinters – 9:30 Throw–9:30
16	17 Practice 2:50-5:30	18 Practice 2:50-5:30	19 Scrimmage @ Hatboro Horsham Vs. HH bus at 1:35	20 Practice 2:50-5:30	21 Practice 2:50-5:30	22 Mid dist/dist 8:00 Sprinters – 9:30 Throw–9:30
23	24 Practice 2:50-5:30	25 Boys@ Upper Dublin bus at 1:35 Girls home vs Upper Dublin 3:30	26 Practice 2:50-5:30	27 Practice 2:50-5:30	28 Practice 2:50-5:30	29 Pennsylvania Track Classic - @ Plymouth Whitemarsh 10pm Bus @ 8:30
30	31 Practice 2:50-5:30					

April 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Boys @ Upper Moreland bus at 1:35 Girls home vs Upper Moreland 3:30	2 Practice 2:50-5:30	3 Practice 2:50-5:30	4 Practice 2:50-5:30	5 Bruce Dallas Invitational – Meet Starts at 10am – bus at 7:00am
6	7 Practice 2:50-5:30	8 Boys and Girls home vs Springfield 3:30	9 Practice 2:50-5:30	10 Freshman Penn Relay Trials – Upper Darby High School Bus @ TBD Practice 2:50-5:30	11 Practice 2:50-5:30	12 Girls at Villa Maria Hurricane Track Classic 9 bus @ 8:15 Boys @ Perk Valley Inv. 9am bus @7:30
13 Week of Spring Break	14 Practice 2:50-5:30	15 Practice 2:50-5:30	16 Girls@ Plymouth Whitemarsh bus at 1:45 Boys home vs Plymouth Whitemarsh 3:30	17 Practice 2:50-5:30	18 Everyone 9:30	19 Wissahickon Relays @ Wissahickon @ 10am bus leaves @ 8am
20 Easter Sunday	21 Practice 2:50-5:30	22 Boys@ Wissahickon bus at 1:35 Girls home vs Wissahickon 3:30	23 Practice 2:50-5:30	24 Girls Penn Relays Bus @ 7:00am Practice 2:50-5:30	25 Physics Fun Day Boys Penn Relays bus @ 7:00 am Boys Practice 2:50-5:30 Girls Hatters Classic @ HH @ 5:30 bus @ 3:30	26 Boys Penn Relays – Bus leaves @ 7am
27	28 Practice 2:50-5:30	29 Girls @ Cheltenham bus at 1:35 Boys home vs Cheltenham 3:30	30 Practice 2:50-5:30			

May 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Trojan Track Classic @ Wissahickon Bus @ 2:30	2 Practice 2:50-5:30	3 Mid dist/dist 8:00 Sprinters – 9:30 Throw–9:30
4	5 Practice 2:50-5:30	6 Girls @. Norristown bus @ 1:45 Boys home vs Norristown 3:30	7 Practice 2:50-5:30	8 Practice 2:50-5:30	9 Junior Prom SOL Championships @ Plymouth Whitemarsh HS Bus @ 12:30 (done by 4:30)	10 SOL Championships at PW HS bus @ 745
11 Mother's Day	12 District Qualifiers Only Practice 2:50-5:30	13 District Qualifiers Only Practice 2:50-5:30	14 District Qualifiers Only Practice 2:50-5:30	15 District Qualifiers Only Practice 2:50-5:30	16 DISTRICTS COATESVILLE BUS AT 7AM	17 DISTRICTS COATESVILLE BUS AT 7AM
18	19 State Qualifiers Only Practice 2:50-5:30	20 State Qualifiers Only Practice 2:50-5:30	21 State Qualifiers Only Practice 2:50-5:30	22 STATES SHIPPENSBURG UNIVERSITY	23 STATES SHIPPENSBURG UNIVERSITY	24 STATES SHIPPENSBURG UNIVERSITY
25	26 Memorial Day	27	28	29	30	31