

March

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Practice 330-530 Meet the Coaches Night 7pm-9pm	7 Team Pictures 4pm Practice 430-530pm	8 Practice 330-530pm	9 Jaguar Pride Day (Field Clean-up Day) 9-1130am
10 3 Hour Early Release Day Practice 330-530	11 Practice 330-530pm	12 Practice 330-530pm	13 Meet @ Wakefield Bus 1 3:15pm Bus 2: 430pm	14 Practice 3:30pm-5:30pm	15 Practice 330-530pm	16
17 Practice 330-530pm	18 Practice 330-530pm	19 Practice 330-530pm	20 Meet @ Justice HS Bus 1: 3:15pm Bus 2: 430pm	21 Practice 330-530pm	22 Practice 330-530pm	23
24 Practice 330-530pm	25 Practice 330-530pm	26 Practice 330-530pm	27 Meet @ Marshall Bus 1: 3:15pm Bus 2: 430pm	28 Practice 330-530pm	29 Practice 330-530pm	30 Legard Relays @ Woodson Bus: 730am
31						

April

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice 330-530pm	2 Practice 330-530pm	3 Meet @ TJ Bus 1: 315pm Bus 2: 430pm	4 Practice 330-530pm	5 PR Invitational @ Robinson Bus at 315pm	6 PR Invitational @ Robinson Bus at 730am
7	8 Practice 330-530pm	9 Practice 330-530	10 Meet at RE Lee Bus 1: 315pm Bus 2: 430pm	11 Practice 330-530pm	12 Hall of Fame Invitational @ Lake Braddock SS Bust at 315pm	13 Hall of Fame Invitational @ Lake Braddock Bus at 730am
14	15 Practice 9am-11am	16 Practice 9am-11am	17 Practice 9am-11am	18 Leslie Sherman Invit. @ Lake Braddock SS Bus at 730am	19 OFF	20 OFF
SPRING BREAK WEEK ----->	21	22 Practice 330-530pm	23 Practice 330-530pm	24 Meet at Edison Bus 1: 315pm Bus 2: 430pm	25 Practice 330-530pm	26 Phoenix Invitational @ Rock Ridge HS Bus at 3:15pm
28	29 Practice 330-530pm	30 Practice 330-530pm				27 Jaguar 5K All athletes will run or volunteer

May

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Home Meet Athletes report at 315 for set up	2 Practice 330-530pm	3 Dogwood Invitational University of Virginia Practice 330-530pm	4 Dogwood Invitational University of Virginia
5	6 Practice 330-530pm	7 <i>National District Champ. Day 1 @ FCHS Athletes Report 315pm</i>	8 Practice 330-530pm	9 <i>National District Champ. Day 2 @ FCHS Athletes Report 315pm</i>	10 Practice 330-530pm	11
12	13 Practice 330-530pm	14 Practice 330-530pm	15 Practice 330-530pm	16 Practice 330-530pm	17 Practice 330-530pm	18
19	20 Practice 330-530pm	21 Practice 330-530pm	22 <i>Region 5c champ. Day 1@ FCHS Report at 315pm</i>	23 <i>Region 5c Champ. Day 2 @ Rock Ridge HS Bus at 315pm</i>	24 Practice 330-530pm	25
26	27 Memorial Day No Practice	28 Practice 330-530pm	29 Practice 330-530pm	30 Practice 330-530pm	31 <i>VHSL State Championships Newport News, VA</i>	<i>VHSL State Championships Newport News, VA</i>
	High Lighted boxes indicate meets Italicized are championship meet					

