

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Feb 2022	7 T & F practice 3:30-5:15pm	8 T & F practice 3:30-5:15pm	9 T & F practice 3:30-5:15pm	10 T & F practice 3:30-5:15pm Meet spring coaches followed by coaches mtg at 4pm	11 Regionals at Robinson Secondary School	12 Regionals at Robinson Secondary School	13
	14 T & F practice 3:30-5:15pm SPRING TRACK CONDITIONING STARTS	15 T & F practice 3:30-5:15pm	16 T & F practice 3:30-5:15pm	17 T & F practice 3:30-5:15pm	18 T & F practice 3:30-5:15pm	19	20
	21 No School No practice	22 T & F practice 3:30-5:15pm	23 T & F practice 3:30-5:15pm	24 T & F practice 3:30-5:15pm	25 Indoor State Meet @ Va Beach NO PRACTICE	26 Indoor State Meet	27
	28 Tryout DAY 1 Spring Track Try outs Begin T & F practice 3:30-5:15pm	1 Tryouts DAY 2 T & F practice 3:30-5:15pm	2 Tryouts DAY 3 T & F practice 3:30-5:15pm	3 2 Hr Early Release--Winter Sports Awards @ 7PM T & F practice 1:00-2:30pm	4 No School No practice	5 Mid-Atlantic @VA Beach Indoor- Unattached	6
Mar 2022	7 T & F practice 3:30-5:15pm ORDER UNIFORM WEEK	8 T & F practice 3:30-5:15pm	9 T & F practice 3:30-5:15pm	10 Spring Sports Parent/Coaches Meeting @ 7pm T & F practice 3:30-5:15pm	11 T & F practice 3:30-5:15pm TEAM NIGHT AT PR in Vienna@7:30pm 15% off!!! BUY SPIKES!	12	13
	14 T & F practice 3:30-5:15pm	15 T & F practice 3:30-5:15pm	16 T & F practice 3:30-5:15pm	17 T & F practice 3:30-5:15pm	18 T & F practice 3:30-5:15pm	19 Adidas Indoor Nationals- unattached	20
	21 T & F practice 3:30-5:15pm	22 T & F practice 3:30-5:15pm	23 @Lewis (A)	24 T & F practice 3:30-5:15pm	25 T & F practice 3:30-5:15pm	26	27
	28 T & F practice 3:30-5:15pm	29 T & F practice 3:30-5:15pm	30 @Justice (B)	31 2 Hr Early Release No practice	1 No school No practice	2 Spring Break Starts	3

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Apr 2022	4 No practice	5 No practice	6 T & F practice 1:00-2:30pm	7 T & F practice 1:00-2:30pm	8 T & F practice 1:00-2:30pm	9	10 Spring Break Ends
	11 T & F practice 3:30-5:15pm	12 T & F practice 3:30-4:30pm	13 @Edison (B)	14 T & F practice 3:30-5:15pm	15 T & F practice 3:30-5:15pm	16 Stallion Invite @South County	17
	18 T & F practice 3:30-5:15pm	19 T & F practice 3:30-4:30pm	20 @Hayfield (B)	21 T & F practice 3:30-5:15pm	22 No practice	23	24
	25 T & F practice 3:30-5:15pm	26 T & F practice 3:30-4:30pm	27 @TJ (A)	28 T & F practice 3:30-5:15pm	29 T & F practice 3:30-5:15pm	30 Cassels Invitational@Chan tilly HS	1
May 2022	2 T & F practice 3:30-5:15pm	3 T & F practice 3:30-4:30pm	4 @Mt Vernon (B)	5 T & F practice 3:30-5:15pm	6 Twilight Classic@Sterling FRIDAY OR SAT	7 Dogwood Invitational@UVA FRIDAY OR SAT NOT BOTH.	8
	9 T & F practice 3:30-5:15pm	10 T & F practice 3:30-4:30pm	11 @Falls Church (Full meet)	12 T & F practice 3:30-5:15pm	13 No practice	14	15
	16 T & F practice 3:30-5:15pm	17 T & F practice 3:30-4:30pm	18 @Falls Church National District Champs	19 @Falls Church National District Champs	20 No practice	21	22
	23 Regional Week Date not set yet T & F practice 3:30-5:15pm	24 T & F practice 3:30-5:15pm Fall Coaches Meeting @ 4:30pm	25 T & F practice 3:30-5:15pm	26 T & F practice 3:30-5:15pm Spring Sports Awards @ 7pm	27 T & F practice 3:30-5:15pm	28	29

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	30 No School	31 T & F practice 3:30-5:15pm	1 T & F practice 3:30-5:15pm	2 T & F practice 3:30-4:30pm	3 VHSL Outdoor Track State Meet@Newport News	4 VHSL Outdoor Track State Meet@Newport News	5
Jun 2022	6	7	8	9	10 Last Day of School	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	1	2	3
Jul 2022	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
Aug 2022	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28