

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 FEBRUARY First Day! Track 2:15-4 Study Tables first then begin practice- at school	28 FEBRUARY Track 2:15-4 Study Tables first then begin practice- at school	1 Track 2:15-4 Study Tables first then begin practice- at school PARENT MEETING @ 4 IN THE CAFETERIA	2 Take Home Workout Athletes will be given a workout to complete at home.	3 Track 2:15-4 Study Tables first then begin practice- at school	4
5	6 Track 2:15-4 Study Tables first then begin practice- at school	7 Track at East 2:30-3:45	8 Track at East 2:30-3:45	9 Track at East 2:30-3:45	10 No practice- Athletes will be given a workout to complete at home.	11
12	13 Track at East 2:30-3:45	14 Track at East 2:30-3:45	15 Track at East 2:30-3:45	16 Track at East 2:30-3:45	17 No practice- spring back Athletes will be given a workout to complete at home.	18
19	20 No practice- spring back Athletes will be given a workout to complete at home.	21 No practice- spring back Athletes will be given a workout to complete at home.	22 No practice- spring back Athletes will be given a workout to complete at home.	23 No practice- spring back Athletes will be given a workout to complete at home.	24 No practice- spring back Athletes will be given a workout to complete at home.	25
26	27 Track at East 2:30-3:45	28 Track at East 2:30-3:45	29 Track at East 2:30-3:45	30 PICTURE DAY @ LJS Practice at school until 3:45	31 Track at East 2:30-3:45	

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Track at East 2:30-3:45	4 Track at East 2:30-3:45	5 Meet @ Fairfield Begin around 4:15-4:30	6 Hopewell Meet @ West Freshman (most likely) Begin around 4:15-4:30	7 No practice- Athletes will be given a workout to complete at home.	8
9	10 Track at East 2:30-3:45	11 Track at East 2:30-3:45	12 Track at East 2:30-3:45	13 Track at East 2:30-3:45	14 Mason Jamboree Meet @ Mason Begin around 4:30-5:00 (ROSTER IS CHOSEN FOR WHO ATTENDS THIS MEET)	15
16	17 Track at East 2:30-3:45	18 Track at East 2:30-3:45	19 Track at East 2:30-3:45	20 Hopewell Invite most likely at West Freshman Begin around 4:30 (ROSTER IS CHOSEN FOR WHO ATTENDS THIS MEET)	21 Track at East 2:30-3:45	22
23	24 Track at East 2:30-3:45	25 Track at East 2:30-3:45	26 White Oak Meet most likely at Colerain HS Begin around 4:15-4:30	27 Meet at Hamilton Begin around 4:15-4:30	28 Track at East 2:30-3:45	29

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 GMC Championship @ Oak Hills High School (Roster is chosen)	2 GMC Championship @ Oak Hills High School (Roster is chosen)	3 GMC Championship Rain Date	4 Awards given out at Last Practice!	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			