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| | | 2016 STAPLES GIRLS INDOOR TRACK & FIELD | | 12/2/2015 |
| DAY | DATE | EVENT | TIME | DEPARTURE |
| Friday | 12/11/2015 | Time Trials(scrimmage) | 2:45 | |
| Saturday | 12/12/2015 | Times Trials | 10:00 | |
| Saturday | 12/19/2015 | Bishop Loughlin Games | 8:00 | 6:00 AM |
| | | Ocean Breeze Athletic Complex | | |
| | | Staten Island, New York | | |
| Saturday | 12/19/2015 | Fciac Qualifier 1 | 10:00 | |
| | | Staples Field House | | |
| Tuesday | 12/30/2015 | Rhode Island Classic | 12:00 | 9:00 AM |
| | | Providence Career & Technical HS | | |
| Friday | 1/8/2015 | Alpha Owl Invitational @SCSU | 6:00 | 4:00 PM |
| Saturday | 1/9/2016 | Darthmouth Relays | 8:00 | TBA |
| | | Darthmouth College | | |
| Saturday | 1/9/2016 | Fciac Qualifier 2 | 10:00 | |
| Friday | 1/15/2016 | Yale Invitational | 12:00 | 10:00 AM |
| Saturday | 1/16/2016 | Yale Invitational | 7:00 | |
| | | Cox Cage @ Yale University | | |
| Saturday | 1/16/2016 | Fciac Qualifier 3 | 10:00 | |
| Saturday | 1/23/2016 | SCC Invitational | tba | TBA |
| | | Floyd little Athletic Complex, New Haven,ct | | |
| Saturday | 1/23/2016 | Fciac Qualifier 4 | 10:00 | |
| | | | | |
| | | ** All Athletes must have met an Fciac, State, or National Standard to compete after this point | | |
| Saturday | 1/30/2015 | Fciac Divisional Championship | tba | tba |
| | | Staples Field House | | |
| Thursday | 2/4/2016 | Fciac Championship | tba | tba |
| | | Floyd Little Athletic Complex,New Haven,ct | | |
| Saturday | 2/6/2016 | JV Fciac Championship | | |
| | | Staples High School | | |
| Thursday | 2/11/2016 | Class LL State Championship | tba | tba |
| Saturday | 2/20/2016 | Ct. State Open Championship | tba | tba |
| | | Floyd Little Athletic Complex, New Haven, Ct | | |
| Sunday | 2/28/2016 | New England Championships | tba | tba |
| | | Lewis Center, Roxbury, Ma | | |
| Friday- Sunday | 3/11/2013 | New Balance national Championships | tba | tba |
| | | New York City | | |
| | | Head Coach | | |

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