March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
5	O .	Mandatory Team Meeting in the Field House @ 2:30	o	9		
12	13	14	15	16	17	18
	Preseason	Preseason	Preseason	Preseason	Preseason	On Your Own
	Conditioning 2:45 – 4:45	Conditioning 2:45 – 4:45	Conditioning 2:45 – 4:45	Conditioning 2:45 – 4:45	Conditioning 2:45 – 4:45	
19	20	21	22	23	24	25
On Your Own	First Day Of	Practice	Practice	Practice	Practice	Practice
	Practice 2:45 – 5:15	2:45 – 5:15	2:45 – 5:15	2:45 – 5:15	2:45 – 5:15	10:00 – 12:30
26	27	28	29	30	31	
On Your Own	Practice	Practice	Practice 2:45 – 5:15	Practice 2:45 – 5:15	Practice	
	2:45 – 5:15	2:45 – 5:15	2:43 – 3:13	2:43 – 3:13	2:45 – 5:15	

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						Parent Meeting @ 10:00 AM & Practice 10:00 - 12:30
2	3	4	5	6	7	8
On Your Own	Practice 2:45 – 4:30	New Canaan @ New Canaan @4:00 Bus @ 2:00	Practice 2:45 – 5:15	Practice 2:45 – 5:15	Practice 2:45 – 5:15	Practice 10:00 – 12:30
9	10	11	12	13	14	15
On Your Own	Practice 10:00 – 12:30	Practice 10:00 – 12:30	Practice 10:00 – 12:30	Practice 10:00 – 12:30	On Your Own	Practice 10:00 – 12:30
******	V***********A	********C******	A*****************T	******I*****	O***********N	******
16	17	18	19	20	21	22
On Your Own	Practice 2:45 – 4:30	Darien @ Staples @ 4:00	Practice 2:45 – 5:15	Practice 2:45 – 5:15	Practice 2:45 – 5:15	Practice 10:00 – 12:30
23	24	25	26	27	28	29
On Your Own	Practice 2:45 – 4:30	Danbury & Trumbull @ Staples @ 4:00	Practice 2:45 – 5:15	Practice 2:45 − 5:15 Penn Relays →	O'Grady Relays @ Danbury @ 4:00 Bus @ 1:45 & Practice 2:45–4:30 @ Univ. of Penn. →	O'Grady Relays @ Danbury @ 9:00 Bus @ 7:00 @TBA, Bus @ TBA
30 On Your Own				1 cm relays 7	omv. or remi.	0017

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Practice 2:45 – 4:30	Central & Westhill @ Westhill @ 4:00 Bus @ 1:45	Practice 2:45 – 5:15	Practice 2:45 – 5:15	5 Middletown Inv. @ Middletown @ 3:30 Fr. & So. Bus @ 1:00 & Irv Black Inv. @ New Britain @ 3:30, Bus @ 1:00 & Practice 2:45-4:30	6 Middletown Inv. @ Middletown @ 1:00 Varsity Bus @ 10:30 & Irv Black Inv. @ New Britain @ 7:30 Bus @ 10:00
7	8	9	10	11	12	13
On Your Own	Practice 2:45 – 4:30	Stamford & Ridgefield @ Staples @ 4:00	Practice 2:45 – 5:15	Practice 2:45 − 5:15 Loucks Games →	Practice 2:45 – 4:30 @ White Plains →	Greater Hartford Inv. @ Simsbury @ 9:30 Bus @ 7:00
14	15	16	17	18	19	@ TBA, Bus @ TBA 20
On Your Own	Practice 2:45 – 4:30	Greenwich @ Staples @ 4:00	Practice 2:45 – 5:15	Practice 2:45 – 5:15	Danbury Fresh. Inv. @ Danbury @ 4:00 Bus @ 2:00 & Dream Inv. @ Danb. @8:00 Bus @ 6:00 & Practice 2:4 –5:15	Practice 10:00 – 12:30
On Your Own or Practice 3:00 – 5:00	Practice 2:45 – 4:30	FCIAC Championships @TBA @TBA Bus @TBA	Practice 2:45 – 5:15	Practice 2:45 – 5:15	Practice 2:45 – 5:15	Practice 10:00 – 12:30
Practice 3:00 – 5:00	Practice 3:00 – 5:00 ***Memorial Day***	Practice 2:45 – 4:30	CIAC Class LL Championships @ New Britain @ 3:00 Bus @ 12:15			017

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Return uniforms after your last meet or when you finish if in State Meets, New Englands or Nationals				Practice 2:45 – 5:15	Practice 2:45 – 5:15	Practice 10:00 – 12:30
4	5	6	7	8	9	10
Practice 2:00 – 3:30	CIAC Open Championships @ New Britain @ 1:30 Bus @ 10:45	Practice 2:45 – 5:15	Practice 2:45 – 5:00	Practice 2:45 -5:00	Practice 2:45 – 4:30	New England Championships @ Norwell, Mass. @ TBA Bus @ TBA
Awards Picnic Sometime this week. Return uniforms after your last meet. → → → → →	Practice this week for those in CIAC events or Nationals is TBA → → → → →	CIAC Decathlon Championships @ New Britain @ 11:00 Bus TBA	14 CIAC Dec. Stple. & H.T. Championships @ New Britain 11:00 Bus TBA	Practice T.B.A.	New Balance Outdoor Nationals @ N.C.A.&T. Univ. Greensboro, N.C. TBA	New Balance Outdoor Nationals @ N.C.A.&T. Univ. Greensboro, N.C. TBA
New Balance Outdoor Nationals @ N.C.A.&T. Univ. Greensboro, N.C. TBA	19	20	21	22	23	24
25	26	27	28	29 Parks & Rec. Age Group Track Starts	30	7/1 Parks & Rec. Road Runners Starts