

# MARCH 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Notes					1	2/3
Notes	4	5 Track Info. Meeting 3-3:45 pm	6	7	8	9/10
Notes						
WEEK 3	11 Practice 3-4:00	12 Practice 3-4:00	13 Practice 3-4:00	14 Practice 3-4:00	15 No Practice	16/17
Notes						
WEEK 4	18 Practice 3-4:00	19 No Practice E Learning Day	20 Practice 3-4:00	21 Practice 3-4:00	22 Practice 3-4:00	23/24
Notes						
WEEK 5	25 Spring Break Run/strength Practice on your own.	26 Spring Break Run/strength Practice on your own.	27 Spring Break Run/strength Practice on your own.	28 Spring Break Run/strength Practice on your own.	29 Spring Break Run/strength Practice on your own.	30/31 Spring Break Run/strength Practice on your own.
Notes						

Notes

# APRIL 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>WEEK 1</b>	<b>1</b> Practice 3-4:30 Field event rotation 1	<b>2</b> Practice 3-4:30 Field event rotation 2	<b>3</b> Practice 3-4:30 uniforms	<b>4</b> Practice 3-4:30	<b>5</b> Track Meet @ NCHS vs Madison, Lincoln, Still @ 4:30	<b>6/7</b>
Notes						
<b>WEEK 2</b>	<b>8</b> Practice 3-4:30	<b>9</b> Practice 3-4:30	<b>10</b> Practice 3-4:30	<b>11</b> Practice 3-4:30	<b>12</b> No Practice Stretch and Run on your own	<b>13/14</b>
Notes						
<b>WEEK 3</b>	<b>15</b> Practice 3-4:30	<b>16</b> Practice 3-4:30	<b>17</b> Practice 3-4:30 Pictures	<b>18</b> Practice 3-4:30 Track Meet WVHS vs. Still, Crone, Kennedy@ 4:30	<b>19</b> Practice 3-4:30	<b>20/21</b>
Notes						
<b>WEEK 4</b>	<b>22</b> Practice 3-4:30	<b>23</b> Meet at NNHS 4:30 Washington, Gregory	<b>24</b> Mooseheart Track Meet Mooseheart, IL	<b>25</b> Practice 3-4:30	<b>26</b> No School/SIP Day Track Meet @ NVHS vs Madison, Still Lincoln 4:00 pm arrival No school transportation provided	<b>27/28</b>
Notes						
<b>WEEK 5</b>	<b>29</b> Practice 3-4:30	<b>30</b> Practice 3-4:30				
Notes						

Notes

# MAY 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>WEEK 1</b>			<b>1</b> Practice 3-4:30	<b>2</b> Track Meet @ WVHS vs Still, Hill, Washington 4:30 pm School Play/Chorus	<b>3</b> Practice 3-4:30 pm	<b>4/5</b>
Notes						
<b>WEEK 2</b>	<b>6</b> Practice 3-4:30	<b>7</b> Practice 3-4:30	<b>8</b> Practice 3-4:30	<b>9</b> Practice 3-4:30	<b>10</b> Track meet @ NVHS vs. Scullen, Still, Hill @ 4:30 pm	<b>11/12</b>
Notes						
<b>WEEK 3</b>	<b>13</b> Practice 3-4:00 Conference athletes only (Fun way Trip)	<b>14</b> Conference Track Meet at NNHS Boys Running/Girls Field	<b>15</b> Conference Track Meet at NNHS Girls Running/Boys Field Fun Way Trip	<b>16</b> No Practice/wash uniforms for Friday	<b>17</b> No Practice	<b>18/19</b>
Notes						
<b>WEEK 4</b>	<b>20</b> Track Uniform turn in-gym 3-4 pm	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25/26</b>
Notes						
<b>WEEK 5</b>	<b>27</b> No School Memorial Day	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Notes						