

| <b>MARCH TRACK 2020 Practice Schedule</b>     |   |   |  |  |   |                 |
|---|---|---|--|--|---|-----------------|
| <b>Sunday</b>                                 | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>                             | <b>Saturday</b> |
| 1<br>No Throwing Practice this week           | 2 3:15-5:00<br>Practice for Boy Sprinters and Distance Runners Both Boys & Girls  | 3 3:15-5:00<br>Practice for Girl Sprinters and Distance Practice Both Boys & Girls  | 4 3:15-5:00<br>Practice for Boy Sprinters and Distance Runners Both Boys & Girls   | 5 3:15-5:00<br>Practice for Girl Sprinters and Distance Practice Both Boys & Girls   | 6<br>No Practice<br>SIP Day               | 7               |
| 8<br>Throwing Practice Mon-Tue-Wed 3:15-4:30  | 9 3:15-5:00<br>Practice for Boy Sprinters and Distance Runners Both Boys & Girls  | 10 3:15-5:00<br>Practice for Girl Sprinters Distance Runners Both Boys & Girls      | 11 Parent Mtg<br>Practice for Boy Sprinters and Distance Runners Both Boys & Girls | 12 Parent Mtg<br>Practice for Girl Sprinters and Distance Practice Both Boys & Girls | 13<br>Distance Practice Only              | 14              |
| 15<br>Throwing Practice Mon-Tue-Wed 3:15-4:30 | 16 3:15-5:00<br>Practice for Boy Sprinters and Distance Runners Both Boys & Girls | 17 3:15-5:00<br>Practice for Girl Sprinters and Distance Practice Both Boys & Girls | 18 3:15-5:00<br>Practice for Boy Sprinters and Distance Runners Both Boys & Girls  | 19 3:15-5:00<br>Practice for Girl Sprinters and Distance Practice Both Boys & Girls  | 20<br>Distance Practice Only              | 21              |
| 22<br>Throwing Practice Mon-Wed-Thu 3:15-4:30 | 23 3:15-5:00<br>Practice for Boy Sprinters and Distance Runners Both Boys & Girls | 24 3:15-5:00<br>Practice for Girl Sprinters and Distance Practice Both Boys & Girls | 25 3:15-5:30<br>Everyone Practice  | 26 3:15-5:30<br>Everyone Practice 5:30   | 27 3:15-5:30<br>Everyone Practice 5:30    | 28              |
| 29<br>Throwing Practice Tue-Wed-Thu 3:15-4:30 | 30 3:15-5:30<br>Everyone Practice 5:30  | 31 3:15-5:30<br>Everyone Practice 5:30  | 1 3:15-5:30<br>Everyone Practice 5:30  | 2 3:15-5:30<br>Everyone Practice 5:30  | 3<br>SIP Day<br>Super Quad Home Meet 4:00 | 4               |

Parent Meeting Boys – Wed 3/11 at 5:00 Girls - Thu 3/12 5:00

Practice and Meet UpDates will be posted on FaceBook Page: Mcjh PE-Sport - Group Page: MerCo Track Meets – School Web Page

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**Parent Meeting Boys – Wed 3/11 at 5:00 Girls - Thu 3/12 5:00**