



BJHS Track April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Full Girls Team 2:40-4:00	2 Full Boys Team 2:40-4:00	3 All Distance Runners 2:40-4:00	4 Practice for Jumpers 2:40-4:00	5 Practice for all Throwing Events 2:40-4:00	6
7	8 Practice for All Runners 2:40-4:00	9 Practice for all Throwing Events 2:40-4:00	10 Full Team Practice at the High School Track 4:00-5:15	11 Early Release K-12 No Practice	12 Parent Teacher Conferences No Practice	13
14	15 Practice for all events At BHS Track 2:30-4:00	16 Practice for all events At BHS Track 2:30-4:00	17 No practice	18 No Practice	19 No Practice	20
Spring Vacation Week: Optional Practice						
21	22 Practice for All Runners 2:40-4:00	23 Practice for all Throwing Events 2:40-4:00	24 Practice for Jumpers 2:40-4:00	25 Full Team Practice at the High School Track 4:00- 5:15	26 No Practice Recovery Day	27
28	29 Full Team Practice at the High School Track 4:00-5:15	30 Practice for all Throwing Events 2:40-4:00				



BJHS Track May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	April 29 Full Team Practice at the High School Track 4:00-5:15	April 30 Practice for all Throwing Events 2:40-4:00	1 Practice for All Runners/Race Walkers 2:40-4:00	2 Practice for Jumpers 2:40-4:00	3 Practice for all Distance runners 2:40-4:00	4
5	6 Practice for All Runners/Race Walkers 2:40-4:00	7 Full Team Practice At BJHS 2:40-4:00	8 Meet #1 ★ At Auburn 3:30 Early Release K-12	22 9 No Practice Recovery Day	10 Practice for all Throwing Events 2:40-4:00	11
12	13 Practice for All Runners/Race Walkers 2:40-4:00	14 Full Team Practice At BJHS 2:40-4:00	15 No practice Team members encouraged to attend High School Home Meet at Bowdoin at 3:00	16 Meet #2 ★ At Oxford Hills 3:30	22 17 No Practice Recovery Day	18
19	20 Full Team Practice At BJHS 2:40-4:00	21 Meet #3 ★ At Lewiston 3:30	22 No Practice Recovery Day	23 Full Championship Team	24 Full Championship Team	25
26	27 Memorial Day No Practice	28 Full Championship Team	29 Full Championship Team	30 Championship Meet ★ At Auburn 3:00	31 Rain Date for Championship Meet	