



Girls' Track & Field Season Calendar

January 2019



Practice starts at 3:20 Monday-Friday.

Saturday Practice is at 8:00am. LJ/TJ-JUMP 6am

Until the weather is nice enough to practice outside, we meet in front of room 213 at 3:20 for the team warm-up. DON'T BE LATE!

Be prepared to go outside every day! You should have outside clothes in your locker, ready to go every day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	{17} 8	{18} 9	{19} 10	11	12
	Half-Day of School <i>Paint windows</i>	Pre-Season Conditioning 3:20	Girls' Track & Field 2018 Season Meeting REST Day after meeting	Pre-Season Conditioning 3:20	REST DAY NO Practice	<u>Coaches Clinic</u> <u>ITCCCA</u> <u>Conference</u>
13	{1} 14	{2} 15	{3} 16	{4} 17	{5} 18	{6} 19
	1st Day of Practice SEASON STARTS 3:20	Practice 3:20	Practice 3:20	Practice 3:20	Practice 3:20	LJ/TJ Jumps 6am Throwers 6am Distance 8am Sprints TBA
20	{7} 21	{8} 22	{9} 23	{10} 24	{11} 25	{12} 26
	No School Practice 9am	Practice 3:20	Practice 3:20	Practice 3:20	Practice 3:20 <u>Blood Drive: Track</u> <u>Can NOT donate</u>	LJ/TJ Jumps 6am Throwers 6am Distance 8am Sprints TBA
27	{13} 28	{14} 29	{15} 30	{16} 31		
	Practice 3:20	Practice 3:20 <u>Parent Meeting</u> <u>6pm Little Theater</u>	Practice 3:20	Practice 3:20		



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February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					{17}1 Practice 3:20 (possible time trial day for sprint/distance in the evening)	{18}2 LJ/TJ Jumps 6am Throwers 6am Distance 8am Sprints TBA
3	{19}4 Uniform Distribution Room 211 Practice to follow	{20}5 Practice 3:20 Jumps 3:30-6pm LJ/TJ OLPD (possible time trial day for sprint/distance in the evening)	{21}6 Practice 3:20 (possible time trial day for sprint/distance in the evening)	{22}7 Practice 3:20 Jumps 3:30-6pm Pole Vault OLPD Running for Kicks Shoe Night 7pm	{23}8 REST DAY NO Practice (possible time trial day for sprint/distance in the evening)	{24}9 LJ/TJ Jumps 6am Throwers 6am Distance 8am Sprints TBA
10	{25}11 Practice 3:20	{26}12 Practice 3:20 Jumps 3:30-6pm LJ/TJ OLPD	{27}13 Practice 3:20	{28}14 Practice 3:20 Jumps 3:30-6pm Pole Vault OLPD	{29}15 Teacher Institute Practice 1:20pm	{1} {30}16 Bloom TWP INVITE Bus: 7:15am 9am start Varsity – Frosh/Soph
17	{31}18 REST DAY NO Practice	{32}19 <u>PT Conferences</u> Jumps 3:30-6pm LJ/TJ OLPD	{33}20 Practice 3:20	{34}21 Practice 3:20 Jumps 3:30-6pm Pole Vault OLPD	{35}22 Practice 3:20	{2} {36}23 Olivet Nazarene INVITE <u>Varsity</u> TBA or OFF
24	{37}25 Practice 3:20	{3} {38}26 LYONS HS TRI-LYONS, York, OL Bus leaves 3:20pm Starts at 4:00 Varsity – Frosh/Soph	{39}27 Practice 3:20	{40}28 Practice 3:20 Jumps 3:30-6pm Pole Vault OLPD		

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Girls' Track & Field Season Calendar

March 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					{41}1 Practice 3:20	{4} {42} 2 ARGO INVITE Varsity Bus leaves 7:30am Starts at 9am
3	{43}4 No School REST DAY NO Practice	{44}5 Practice 3:20 Last Day for New Members to Join Jumps 3:30-6pm LJ/TJ OLPD	{45}6 Practice 3:20	{46}7 Practice 3:20 Jumps 3:30-6pm Pole Vault OLPD	{47}8 Practice 3:20 CLOTHING ORDER DUE	{5} {48}9 Fenton Varsity Invite Bus leaves 7:00am Starts at 9am The whole team does not go.
10	{49}11 Practice 3:20	{50}12 Practice 3:20 Jumps 3:30-6pm LJ/TJ OLPD	{51}13 Practice 3:20	{52}14 Practice 3:20 Jumps 3:30-6pm Pole Vault OLPD	{53}15 Practice 3:20	{54}16 LJ/TJ Jumps 6am Throwers 6am Distance 8am Sprints TBA
17	{55}18 Practice 3:20	{56}19 Practice 3:20 Jumps 3:30-6pm LJ/TJ OLPD	{57}20 Practice 3:20	{58}21 Practice 3:20 Jumps 3:30-6pm Pole Vault OLPD	{59}22 Teacher Institute Practice 1:20pm	{6} {60}23 Whitney Young Girls Fast Time Indoor Varsity Invitational
24	{61}25 Practice 9am	{7} {62}26 Lemont Quad (Lemont, Richards TP,OL) Bus leaves 3:20pm Starts at 4:30	27 No practice REST DAY	28 No Practice REST DAY	{63}29 Practice 9am	{8} {64}30 Stagg INVITE Varsity Bus leaves: TBA Starts at 11am

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Girls' Track & Field Season Calendar

April 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 No Practice REST DAY OLHMS	{9} {65}2 HOME- TRI (TF North, Bremen, Eisenhower, OL) Bus leaves at 3:10 Starts at 4:30pm	{66}3 Practice 3:20 OLHMS	{67}4 Practice 3:20	{68}5 Practice 3:20	{10} {69}6 ANDREW INVITE Varsity and Fr/So Bus leaves TBA Starts at 10am
7	{70}8 Practice 3:20	{11} {71}9 Hillcrest - QUAD (Hillcrest, EP, Shepard, OL) ON the track at 3:20 Starts at 4:30pm OLHMS	{72}10 Practice 3:20	{73}11 Practice 3:20	{12} {74}12 Teacher Institute Glennbard South INVITE Varsity and JV Bus leaves: TBA Starts at 4:30pm	13 REST DAY NO Practice
14	{75}15 Practice 3:20	{13} {76}16 Oak Forest - TRI (Oak Forest, TF South, OL) Bus leaves 3:20pm Starts at 4:30	{77}17 Practice 3:20	{78}18 Practice 3:20	{14} {79}19 Lockport Invite Bus leaves 3:20pm Starts at 4:30pm	20 REST DAY NO Practice
21	{15} {80}22 NO SCHOOL Shepard FS-Invite Time: TBA	{16} {81}23 HOME – Tri Reavis, Argo, OL Starts at 4:30pm SENIOR NIGHT More Info to come.	{82}24 Practice 3:20	{17} {83}25 REAVIS RELAYS Bus leaves 3:20pm Starts at 4:30pm OLHMS	{84}26 <u>Blood Drive: Track</u> <u>Can NOT donate</u> Practice 3:20	{85}27 Practice 8am
18	{86}29 Practice 3:20	{87}30 Practice 3:20				

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Girls' Track & Field Season Calendar

May 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			{88}1 Practice 3:20	{18} {89} 2 SCC Conference At Shepard Bus leaves 3:20pm Starts at 4:30pm	{90}3 Teacher Institute Practice 1:20pm (Make up day for conference) OLHMS	{91}4 NO practice (Make up day for conference)
5	{92}6 Practice 3:20 Sectional Roster Uniform Return non-sectional roster Locker Room at 3:10pm	{93}7 Practice 3:20 Sectional Roster	{94}8 Practice 3:20 Sectional Roster Spring Awards Night 7-9pm	{95}9 IHSA Sectional Bus leaves 3:10 All competing Field event girls may leave during 7 th period. TBA	{96}10 IHSA Sectional Bus leaves 3:10 All competing Field event girls may leave during 7 th period. TBA	{97}11 OLHMS MIDDLE SCHOOL TRACK MEET (Make up day for Sectionals)
12	{98}13 Practice 3:20 State Roster Uniform Return Locker Room at 3:10pm	{99}14 Practice 3:20 State Roster	{100}15 Practice 3:20 State Roster	{101}16 IHSA State Championship Charleston, IL	{102}17 IHSA State Championship Charleston, IL	{103}18 IHSA State Championship Charleston, IL OLHMS MIDDLE SCHOOL TRACK MEET
19	20	21	22	23	24	25
26	27	<i>GRADUATION</i> 28	29	30	31	

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