

2010 Friends School Track



Practice & Meet Schedule

Wednesday	4/7	Practice	3:15 – 4:30
Monday	4/12	Practice	3:15 – 4:30
Tuesday	4/13	Practice	3:15 – 4:30
Wednesday	4/14	Away	3:30 Meet at Schalick
Tuesday	4/20	Practice	3:15 – 4:30
Thursday	4/22	Practice	3:15 – 4:30
Tuesday	4/27	Practice	3:15 – 4:30
Thursday	4/29	Practice	3:15 – 4:30
Monday	5/3	Away	3:30 Meet at Clayton
Tuesday	5/4	Practice	3:15 – 4:30
Wednesday	5/5	Away	4:00 <i>Wildcat Invitational</i> at Schalick
Monday	5/10	Home	3:15 Friends School Competition

All track team members must have a physical
Pick-up times on days of track meets TBA

All practices are from **3:15 to 4:30**
Other meets/competitions TBA

Uniforms provided

Gear Recommendations: good, solid pair of running sneakers
sweat pants & sweat shirt for cooler days
a healthy snack & water for meets

Training Recommendations: each day/night 50 push-ups & 50 sit-ups
run/jog on days of no practice or meets

Contact **T. Peter** if you have questions: pmanzelmann@friendsmh.org

Revised 4/13/ 2010