

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 JH Hughes Springs Track Meet @3:30	3 Period: Running After: Field events and relays	4 Period: Weight room After: All running and fielding until 5ish	5 Period: Running After: Field events and relays	6 Period: Weight room After: None	7
8	9 Period: Running After: NONE	10 Period: Running After: Field events and relays	11 Period: Weight room After: All running and fielding until 5ish	12 Period: Running After: Field events and relays	13 No School	14
15	16 JH Redwater Track Meet @4:00 *Be at track at 3:00!	17 Period: Running After: Field events and relays	18 Period: Weight room After: All running and fielding until 5ish	19 Period: Running After: None	20 Period: Weight room After: All running and fielding	21
22	23 JH Queen City Track Meet @4:00	24 Period: Running After: Field events and relays	25 Period: Weight room After: All running and fielding until 5ish	26 Period: Running After: None	27 Period: Weight room After: All running and fielding	28
29	30 JH DISTRICT Meet in P. Pewitt @ 4:00	31 Period: Turn in track gear				

*Note: You will need to stay for a short practice to finish any running that is not concluded in the class period.

Finish times are an estimate, contingent on how fast the athletes can get through the workout with proper recovery times.