

Track Schedule 2018

Monday, April 16 – Practice (Assessment/Distance Running/Technique)

Wednesday, April 18 – Practice (Assessment/Sprinting/Technique)

Monday, April 23 – Practice (Hurdles)

Wednesday, April 25 – Practice (Interval Training)

Thursday, April 26 – Practice (Relays)

Monday, April 30 – Practice (Fartlek)

Wednesday, May 2 – Practice (Starts/Finishes)

Monday, May 7 – Practice (200s/Running Turns)

Wednesday, May 9 – Track Meet in Secaucus

Thursday, May 10 – Practice (Relays)

Monday, May 14 – Track Meet in Ridgefield Park

Wednesday, May 16 – Practice (LSD)

Thursday, May 17 – Practice (Crazy Kickball)

Monday, May 21 – Practice (Ladder)

Wednesday, May 23 – Practice (Hound and Rabbit)

Thursday, May 24 – Track Meet in RiverDell

Wednesday, May 30 – Practice (Accelerations)

Thursday, May 31 – County Meet in Ridgewood

Friday, June 1 – Pizza Party

Sunday, June 3 – Matt Fenton Memorial Run in Little Ferry

All Practices will be from 3:05 – 4:30pm