



# APRIL 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>MINOOKA JH TRACK &amp; FIELD</b> TP = Team Practice TT = Time Trials for athletes not traveling to away meets FE = Field Events / Hurdles R = Relays PV = Pole Vault  <b>Reminders:</b> Your child must be at TP. Only those told by a coach should stay for FE/PV/R. After spring break coaches will provide individual practice schedules for field events.  <b>Additional Information:</b> Calendars and additional info for the remainder of the season can be found on the track website. <a href="https://mjhs-track.weebly.com/">https://mjhs-track.weebly.com/</a>  <b>Maintenance Run:</b> Easy Paces run on a soft surface to loosen the legs on your own	<b>31</b> Maintenance Run & Stretch on your own	<b>1</b> TP: 2:35 - 4:15	<b>2</b> TP: 2:35 - 4:15	<b>3</b> TP: 2:35 - 4:15 FE: 4:15- 4:45	<b>4</b> TP: 2:35 - 4:15	<b>5</b> Distance & FE: 2:35 - 4:15	<b>6</b>
	<b>7</b> Maintenance Run & Stretch on your own	<b>8</b> TP: 2:35 - 4:15	<b>9</b> <b>Home Meet Oak Prairie Bourbonnais 4:30PM</b>	<b>10</b> TP: 2:35 - 4:15	<b>11</b> TP: 2:35 - 4:15	<b>12</b> Distance & FE: 2:35 - 4:15	<b>13</b>
	<b>14</b> Maintenance Run & Stretch on your own	<b>15 Pictures</b> TP: 2:35 - 4:15	<b>16</b> <b>Home Meet Homer Humphrey Brooks 4:30PM</b>	<b>17</b> TP: 2:35 - 4:15	<b>18</b> <b>At Liberty Liberty Manhattan 4:30PM</b> <i>TT: 2:35 - 4:15</i>	<b>19</b> Distance & FE: 2:35 - 4:15	<b>20</b>
<b>“Grind when no one is watching so you can shine when the stands are full.”</b>	<b>21</b> Maintenance Run & Stretch on your own	<b>22</b> TP: 2:35 - 4:15	<b>23</b> <b>at Humphrey Humphrey Kelvin Grove Fairmont 4:30PM</b> <i>TT: 2:35 - 4:15</i>	<b>24</b> TP: 2:35 - 4:15	<b>25</b> <b>Home Meet Ottawa Bourbonnais 4:30PM</b> <i>Final Day for Non-travel athletes</i>	<b>26 Early Release</b> Distance & FE: 2:35 - 4:15  SECTIONAL ONLY	<b>27</b>
	<b>28</b> Maintenance Run & Stretch on your own	<b>29</b> TP: 2:35 - 4:15 SECTIONAL ONLY	<b>30</b> TP: 2:35 - 4:15 SECTIONAL ONLY				