



MAY 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
<p>MINOOKA JH TRACK & FIELD TP = Team Practice FE = Field Events / Hurdles R = Relays PV = Pole Vault</p> <p>Reminders: 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.</p> <p>Additional Information: Calendars and additional info for the remainder of the season can be found on the track website. https://mjhs-track.weebly.com/</p> <p>Maintenance Run: Easy Paces run on a soft surface to loosen the legs on your own</p> <p>“Don’t be upset by the results you didn’t get with the work you didn’t do.” - Inky Johnson</p>	<p>Maintenance Run & Stretch on your own</p>	<p>29 TP: 2:35 - 4:15</p> <p>SECTIONAL ONLY</p>	<p>30 TP: 2:35 - 4:15</p> <p>SECTIONAL ONLY</p>	<p>1 TP: 2:35 - 4:15</p> <p>SECTIONAL ONLY</p>	<p>2 TP: 2:35 - 4:15</p> <p>SECTIONAL ONLY</p>	<p>3 Distance & FE: 2:35 - 4:15</p> <p>SECTIONAL ONLY</p>	<p>4</p>
	<p>5 Maintenance Run & Stretch on your own</p>	<p>6 TP: 2:35 - 4:15</p> <p>SECTIONAL ONLY</p>	<p>7 At Channahon 4:30PM</p> <p>SECTIONAL ONLY</p>	<p>8 TP: 2:35 - 4:15</p> <p>SECTIONAL ONLY</p>	<p>9 TP: 2:35 - 4:15</p> <p>SECTIONAL ONLY</p>	<p>10 Early Release TP: 2:35 - 4:15</p> <p>SECTIONAL ONLY</p>	<p>11 SECTIONALS</p>
	<p>12 Maintenance Run & Stretch on your own</p>	<p>13 TP: 2:35 - 4:15</p> <p>STATE QUALIFIERS ONLY</p>	<p>14 TP: 2:35 - 4:15 Awards 6pm</p> <p>STATE QUALIFIERS ONLY</p>	<p>15 TP: 2:35 - 4:15</p> <p>STATE QUALIFIERS ONLY</p>	<p>16 TP: 2:35 - 4:15</p> <p>STATE QUALIFIERS ONLY</p>	<p>17 STATE MEET Report by 7am to MJHS</p>	<p>18 STATE MEET</p>
	<p>19 Maintenance Run & Stretch on your own</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	