

# Lady Bulldog Track 2012

<b>*Daily Plan*</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>*Reminders*</b>
<b>**Running W.O.**</b> 3:35 - 4:15 PM <b>**LJ/TJ, Shot/Disc Hurdles, Relays**</b> 4:15 - 5:00 PM (M-Th) <b>**Hurdles** Fri. 3:35</b>	February 27  ALL 3:35 - 5:00 PM	February 28  ALL 3:35 High Jump 7:30 AM Pole Vault 4:30 Reagan	February 29  ALL 3:35 High Jump 7:30 AM Pole Vault 4:30 Reagan	March 1  ALL 3:35 High Jump 7:30 AM Pole Vault 4:30 Reagan	March 2  ALL 7:00 AM Hurdles 3:35 - 4:20 PM	<b>*Team Picture Day is April 12th for ALL girls who were on the track team for the entire season.*</b>
<b>*High Jump 2-3x~AM*</b> 7:30 - 8:00 AM <b>*Pole Vault 2-3x~PM*</b> 4:30 - 5:30 @ Reagan (See Daily Schedule)	March 5  High Jump 7:30am ALL 3:35 Pole Vault 4:30 Reagan	March 6  High Jump 7:30am ALL 3:35 Pole Vault 4:30 Reagan	March 7  High Jump 7:30am ALL 3:35	March 8  <b>TRACK MEET HEROES 4:30</b>	March 9  ALL 7:30 AM Team Meeting (School Clothes)	<b>**Run Spring Break (3/10-3/18)!! 9 days w/ out running will put you meters behind the competition! **</b>
	March 19  ALL 3:35 Pole Vault 4:30 Reagan	March 20  High Jump 7:30am ALL 3:35	March 21  <b>TRACK MEET HEROES 4:30</b>	March 22  ALL 3:35 Pole Vault 4:30 Reagan	March 23  ALL 7:00am Hurdles 3:35 - 4:20 PM	
	March 26  ALL 3:35 Pole Vault 4:30 Reagan	March 27  High Jump 7:30am ALL 3:35 Pole Vault 4:30 Reagan	March 28  High Jump 7:30am ALL 3:35 Pole Vault 4:30 Reagan	March 29  <b>TRACK MEET HEROES 4:30</b>	March 30  ALL 7:00am Hurdles 3:35 - 4:20 PM	
	April 2  High Jump 7:30 AM ALL 3:35 Pole Vault 4:30 Reagan	April 3  <b>TRACK MEET HEROES 4:30</b>	April 4  ALL 3:35 Pole Vault 4:30 Reagan	April 5  High Jump 7:30am ALL 3:35 NO Pole Vault	April 6  <b>SCHOOL HOLIDAY</b>	
<b>Only girls who place 1st-4th at the ZONE meet on 4/10 will practice for Meet of Champs (MOC)</b>	April 9 High Jump 7:30 <b>ALL Zone Meet Competitors 3:35</b> Zone Pole Vault 4:30 Reagan	April 10  <b>ZONE TRACK MEET HEROES 4:30</b>	April 11  <b>MOC ONLY</b> High Jump 7:30am ALL MOC 3:35 Pole Vault 4:30 Reagan	April 12  <b><u>ALL</u> TRACK TEAM PICTURE DAY!!!!</b>	April 13  MOC 7:00am Hurdles 3:35 - 4:20 PM	<b>Run; run; run! :)</b>  <i>MOC only next week.; schedules will be given.</i>