

January 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Winter Break	2 Winter Break	3 Winter Break	4 Winter Break
5	6 Preseason Workouts After School: All Levels	7 Preseason Workouts After School: All Levels	8 Preseason Workouts After School: All Levels	9 Preseason Workouts After School: All Levels	10 Preseason Workouts After School: All Levels	11 Winter Husky Challenge: Waubonsie Valley Run
12	13 Preseason Workouts After School: All Levels	14 Preseason Workouts After School: All Levels	15 Preseason Workouts After School: All Levels	16 Preseason Workouts After School: All Levels	17 4 Hour Day Preseason Workouts After School: All Levels	18 Winter Huskie Challenge Neuqua Valley HS Run
19	20 No School	21 (1 ST DAY) T & F Practice 3:30PM ALL Levels	22 T & F Practice 3:30PM ALL Levels	23 T & F Practice 6:00am Pool: ALL Dist. 3:30PM ALL Levels	24 T & F Practice 3:30PM ALL Levels	25 No Practice: Distance + Sprints Field Events – 9:00am
26	27 T & F Practice 3:30PM ALL Levels	28 T & F Practice 6:00am Jr/Sr Distance 3:30PM ALL Levels	29 T & F Practice 3:30PM ALL Levels	30 T & F Practice 6:00am Pool: ALL Dist. 3:30PM ALL Levels	31 T & F Practice 3:30PM ALL Levels	

February 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 T & F Practice 9:00am – 11:00am: All Levels
2	3 T & F Practice 3:30PM ALL Levels	4 T & F Practice 6:00am Jr/Sr Distance 3:30PM ALL Levels	5 T & F Practice 3:30PM ALL Levels	6 T & F Practice 6:00am Pool: ALL Dist. 3:30PM ALL Levels	7 T & F Practice 3:30PM ALL Levels	8 T & F Practice 9:00am – 11:00am: All Levels
9	10 T & F Practice 3:30PM ALL Levels	11 T & F Practice 6:00am Jr/Sr Distance 3:30PM ALL Levels	12 T & F Meet HOME 5PM: VS Sandburg	13 T & F Practice 6:00am Pool: ALL Dist. 3:30PM ALL Levels	14 4 Hour Day T & F Practice 3:30PM ALL Levels	15 Distance to NRC 7-11am T & F Practice 9:00am – 11:00am: All Levels
16	17 No School T & F Practice 3:30PM ALL Levels	18 T & F Practice 6:00am Jr/Sr Distance 3:30PM ALL Levels	19 T & F Practice 3:30PM ALL Levels	20 T & F Practice 6:00am Pool: ALL Dist. 3:30PM ALL Levels	21 T & F Practice 2:50PM Varsity T&F Meet JV @ RMHS	22 T & F Meet AT PROVISO WEST 9AM
23	24 T & F Practice 9:00am – 11:00am: All Levels	25 T & F Practice 6:00am Jr/Sr Distance 3:30PM ALL Levels	26 T & F Practice 3:30PM ALL Levels	27 T & F Practice 6:00am Pool: ALL Dist. 3:30PM ALL Levels	28 T & F Practice 3:30PM ALL Levels	29 T & F Practice 9:00am – 11:00am: All Levels

March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 T & F Practice *Fundraiser Begins 3:30PM ALL Levels	3 T & F Practice 6:00am Jr/Sr Distance 3:30PM ALL Levels	4 T & F Practice *Fundraiser Check-In 3:30PM ALL Levels	5 T & F Practice 6:00am Pool: ALL Dist. 3:30PM ALL Levels	6 64-hour Day T & F Practice 3:30PM ALL Levels	7 T & F Practice 9:00am – 11:00am: All Levels
8	9 T & F Practice 3:30PM ALL Levels	10 T & F Practice 6:00am Jr/Sr Distance 3:30PM ALL Levels	11 T & F Practice 3:30PM ALL Levels	12 T & F Practice 6:00am Pool: ALL Dist. 3:30PM ALL Levels	13 T & F Practice 3:30PM ALL Levels	14 T & F Meet AT Hononegah HS: Hononegah Classic
15	16 T & F Practice 3:30PM ALL Levels	17 No School	18 T & F Practice 3:30PM ALL Levels	19 T & F Practice 6:00am Pool: ALL Dist. 3:30PM ALL Levels	20 T & F Meet AT Lewis U 4:30pm: SPC Indoor Invite	21 T & F Practice 9:00am – 11:00am: All Levels
22	23 Spring Break T & F Practice 3:30PM ALL Levels	24 Spring Break T & F Practice 6:00am Jr/Sr Distance 3:30PM ALL Levels	25 Spring Break T & F Practice 3:30PM ALL Levels	26 Spring Break T & F Meet AT Batavia 4pm: Bulldog Relays	27 Spring Break T & F Practice 3:30PM ALL Levels	28 Spring Break T & F Meet AT Lewis U 10am: Fast Times Invite
29	30 Spring Break T & F Practice 9:00am – 11:00am: All Levels	31 T & F Practice 9:00am – 11:00am: All Levels				

April 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 T & F Practice 9:00am – 11:00am: All Levels	2 T & F Practice 9:00am – 11:00am: All Levels	3 T & F Practice 9:00am – 11:00am: All Levels	4 T & F Practice 9:00am – 11:00am: All Levels
5	6 T & F Practice 9:00am – 11:00am: All Levels	7 T & F Practice 3:30PM ALL Levels	8 T & F Meet HOME 4PM: VS Oswego	9 T & F Practice 6:00am Pool: ALL Dist. 3:30PM ALL Levels	10 No School T & F Practice 3:30PM ALL Levels	11 T & F Meet AT Stagg HS 11AM: Stagg Invite
12	13 No School T & F Practice 3:30PM ALL Levels	14 T & F Practice 6:00am Jr/Sr Distance 3:30PM ALL Levels	15 T & F Meet HOME 4PM: VS West Aurora/Glenbard East	16 T & F Practice 6:00am Pool: ALL Dist. 3:30PM ALL Levels	17 T & F Meet AT Yorkville 4:30PM: Matt Wulf Invite	18 T & F Meet AT Ottawa 12PM: Ottawa ABC.
19	20 T & F Practice 3:30PM ALL Levels	21 T & F Practice 6:00am Jr/Sr Distance 3:30PM ALL Levels	22 T & F Meet AT Plainfield Central 4PM	23 T & F Practice 6:00am Pool: ALL Dist. 3:30PM ALL Levels	24 T & F Practice 9:00am – 11:00am: All Levels	25 T & F Meet AT Kaneland 10AM: Kaneland Invite
26	27 T & F Practice 9:00am – 11:00am: All Levels	28 T & F Practice 6:00am Jr/Sr Distance 3:30PM ALL Levels	29 T & F Practice 3:30PM ALL Levels	30 T & F Practice 6:00am Pool: ALL Dist. 3:30PM ALL Levels		

May 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 T & F Practice 3:30PM ALL Levels	2 T & F Meet AT Waubansie Valley 10AM: Red Ribbon
3	4 T & F Meet AT Minooka HS 4PM VS PE, PS, MCHS	5 T & F Practice 3:30PM ALL Levels	6 T & F Practice 3:30PM ALL Levels	7 T & F Practice 6:00am Pool: ALL Dist. 3:30PM ALL Levels	8 T & F Meet HOME 4:30PM: Oswego East Invite	9 T & F Practice 9:00am - 11:00am: All Levels
10	11 T & F Practice 3:30PM ALL Levels	12 T & F Practice 3:30PM ALL Levels	13 T & F Meet AT PNHS 4:30PM: SPC CHAMPIONSHIPS	14 T & F Practice 3:30PM ALL Levels	15 T & F Practice 3:30PM ALL Levels	16 T & F Practice 9:00am - 11:00am: All Levels
17	18 T & F Meet AT Kaneland: Freshman Invite	19 T & F Practice 3:30PM ALL Levels	20 T & F Practice 3:30PM ALL Levels	21 4-hour Day T & F Meet AT Plainfield North HS: SECTIONALS	22 T & F Practice 3:30PM ALL Levels	23 T & F Practice 9:00am - 11:00am: All Levels
24	25 T & F Practice 3:30PM State Team	26 T & F Practice 3:30PM State Team	27 T & F Practice 3:30PM State Team Awards Social 6:00PM	28 T & F Meet AT Eastern Illinois: STATE MEET	29 T & F Meet AT Eastern Illinois: STATE MEET	30 T & F Meet AT Eastern Illinois: STATE MEET
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