

January 2010-Practice Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 Meet at PGSLC at 3:30 pm	12 Practice – 2:30 pm	13 Practice – 2:30 pm	14 Practice – 2:30 pm	15 Practice – 2:30 pm	16 <u>Go out on your own 45 minute run</u>
17	18 MLK birthday No school <u>Practice @ 3pm</u>	19 <u>Meet PGSLC</u> <u>Start time: 1:30pm</u> <u>Bus time : 12:15pm</u>	20 No practice Exams 30 min run-on your own	21 No practice Exams 35 min run-on your own	22 No practice Exams 40 min run-on your own	23 <u>Go out on your own 50 minute run</u>
24	25 School closed for students <u>Practice@3pm</u>	26 School closed for students <u>Practice@3pm</u>	27 <u>Meet @PGSLC</u> <u>3:30 pm</u> <u>County</u> <u>championships</u>	28 <u>Practice 2:30 pm</u>	29 No practice	30
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