

One mile, one workout, one day at a time!!!

JAMES ISLAND TRACK AND FIELD

2024 - April

Time to earn your REGION Roster Spot!!!

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	April 1 Spring Break Practice Time - TBD	2 Spring Break Practice Time - TBD	3 Spring Break Practice Time - TBD	4 Spring Break Practice Time - TBD	5 Spring Break Practice Time - TBD	6 Off Active Rest. Stretch.
7 Off Active Rest. Stretch.	8 Teacher Workday (no school) Practice 3:45 – 6:00 ***Maybe Earlier	9 Practice 3:45 – 6:00	10 CCSD Meet Location - TBD Bus Leaves – TBD or Practice 3:45 – 6:00	11 CCSD JV Meet Location – Wando Bus Leaves – TBD **Last day for JV or Practice 3:45 – 6:00	12 All American Classic Spring Valley Bus Leaves – TBD or Practice 3:45 – 6:00	13 All American Classic Spring Valley OR Iron Horse Stampede Philip Simmons Bus Leaves – TBD
14 Off Active Rest. Stretch.	15 Practice 3:45 – 6:00 VARSETY ONLY	16 Practice 3:45 – 6:00	17 Practice 3:45 – 6:00	18 Practice 3:45 – 6:00	19 – JICHHS Early Release Classic Elite Seneca HS Bus Leaves – TBD or Practice 3:45 – 6:00 ***Maybe Earlier	20 Last Chance Meet JICHHS 10:00am (Required for all athletes to attend/help out)
21 Off Active Rest. Stretch.	22 Practice 3:45 – 6:00	23 Practice 3:45 – 6:00	24 Tri-County Meet Woodland HS 5:00pm Bus Leaves – TBD Or Practice 3:45-6	25 Practice 3:45 – 6:00	26 Practice 3:45 – 6:00	27 Off - Prom
28 Off Active Rest. Stretch.	29 Practice 3:45 – 6:00	30 Practice 3:45 – 6:00				

Spring Break practice times will be announced ASAP