

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

JAMES ISLAND TRACK AND FIELD

2024 - March

*Wednesday Meets are FULL Team Rosters
Saturday Meets are Varsity ONLY Rosters*

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					March 1 Practice 3:45 – 6:00	2 Father Kelly Classic at Bishop England Bus Leaves - TBD
3 <i>Off Active Rest. Stretch.</i>	4 Practice 3:45 – 6:00	5 Practice 3:45 – 6:00	6 At Wando 5:00pm Bus Leaves - TBD	7 Practice 3:45 – 6:00	8 Practice 3:45 – 6:00	9 Raising Canes Invitational Summerville Bus Leaves - TBD
10 <i>Off Active Rest. Stretch.</i>	11 Practice 3:45 – 6:00	12 Practice 3:45 – 6:00	13 At Lucy Beckham 5:00pm Bus Leaves - TBD	14 Practice 3:45 – 6:00	15 Early Release Practice 3:45 – 6:00 <i>***Maybe Earlier</i>	16 Mellow Mushroom Relays Wando HS Bus Leaves - TBD
17 <i>Off Active Rest. Stretch.</i>	18 Practice 3:45 – 6:00	19 Practice 3:45 – 6:00	20 Practice 3:45 – 6:00	21 Practice 3:45 – 6:00	22 Practice 3:45 – 6:00	23 Classic Qualifier Cane Bay HS Bus Leaves - TBD
24 and 31 <i>Off Active Rest. Stretch.</i>	25 Practice 3:45 – 6:00	26 Practice 3:45 – 6:00	27 Practice 3:45 – 6:00	28 Practice 3:45 – 6:00	29 Half Day Practice 3:45 – 6:00 <i>***Maybe Earlier</i>	30 Practice Distance 9:00- 10:45 Sprints ??? Throws ???

We WILL be practicing over Spring Break!!! If going out of town, communicate with Coach E