

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

JAMES ISLAND TRACK AND FIELD

2024 - May

Go for EVERY SPOT!!!

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			May 1 Practice 3:45 – 6:00	May 2 Practice 3:45 – 6:00	May 3 Practice 3:45 – 6:00	May 4 Region Meet James Island 10:00am (Required for all athletes to attend/help out)
5 Off Active Rest. Stretch.	6 Practice 3:45 – 5:45	7 Practice 3:45 – 5:45	8 Practice 3:45 – 5:45	9 Early Release (JICHS ONLY) Practice 3:45 – 5:45 ***Maybe Earlier	10 Practice 3:45 – 5:45	11 4A State Qualifier Ridge View HS Bus Leaves - TBD
12 Off Active Rest. Stretch.	13 Practice 3:45 – 5:45	14 Practice 3:45 – 5:45	15 Practice 3:45 – 5:45	16 Practice 3:45 – 5:45	17 Practice 3:45 – 5:45	18 4A State Championship Spring Valley HS 9:00am Bus Leaves - TBD
19 Off Active Rest. Stretch.	20 Summer XC Practice 4:00 – 5:15pm	21	22 Banquet 6:30 – 8:30p JICHS cafeteria (tentative)	23 Summer XC Practice 4:00 – 5:15pm	24 Summer XC Practice 4:00 – 5:15pm	25
26 Off Active Rest. Stretch.	27	28 Summer XC Practice 4:00 – 5:15pm	29 Summer XC Practice 4:00 – 5:15pm	30	31 Summer XC Practice 4:00 – 5:15pm	Summer Cross Country Info will be e-mailed out sometime in May...

LET'S DO THIS!!!!!!!!!!!!!!!!!!!!