

March

2023

Subtitle

COLERAIN SPRING TRACK 2023

**Fielders only @ CHS 3/13 M_TH,
2:20-3:30. Hurdlers and sprinters
doing Field events M only.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Practice – 2:15-3:30	7 Practice – 2:15-3:30	8 Practice – 2:15-3:30	9 Practice – 2:15-3:30	10 Practice – 2:15-3:30	11
12	13 Practice – 2:15-3:30	14 Practice – 2:15-3:30	15 Practice – 2:15-3:30	16 Practice – 2:15-3:30	17 No School	18
19	20 Practice – 2:15-3:30	21 Practice – 2:15-3:30	22 Practice – 2:15-3:30	23 Practice – 2:15-3:30	24 No practice	25
26	27 Practice – 2:15-3:30	28 Practice – 2:15-3:30	29 Meet @ CHS – be there at 4:00 pm	30 Practice – 2:15-3:30	31 No practice	

April

2023

Subtitle

COLERAIN SPRING TRACK 2023

**Fielders only @ CHS 3/13 M_TH,
2:30-3:30. Hurdlers and sprinters
doing field events M only.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Practice – 2:15-3:30	4 Spring team pics – everyone @ CMS	5 Meet @ CHS – be there at 4:00	6 Practice – 2:15-3:30	7 Spring Break	8
9	10 Spring Break	11 Spring Break	12 Spring Break	13 Spring Break	14 Spring Break	15
16	17 Practice – 2:15-3:30	18 Practice – 2:15-3:30	19 Meet @ CHS – be there at 4:00	20 Meet – invite only @ Hopewell	21 Practice – 2:15-3:30	22
23	24 Practice – 2:15-3:30	25 Practice – 2:15-3:30	26 Meet @ CHS – be there at 4:00	27 Practice – 2:15-3:30	28 Practice – 2:15-3:30	29
30	3 GMC's – invite only	4 GMC Finals – invite only				