

Boys Indoor Track and Field December Break Practice Schedule

Friday December 24th-Sunday December 26th: No team practice, athletes should run, lift and perform push-ups and sit ups on their own.

Mon. December 27th: No Practice. Marine Corps Holiday Classic Postponed to Wednesday 12/29.

Tues. December 28th: Team practice 9:00-11:00AM

Wed. December 29th: Athletes participating in the Marine Corps Holiday Classic need to be at Shaker at 5:00AM for attendance and departure for the 168th St. Armory. (the school will not be open when we depart or return so plan accordingly). All athletes not participating in the meet will practice from 9:00-11:00AM at Shaker.

Thurs. December 30th: League Meet #3 Arrive at Shaker at 6:45AM for departure to HVCC. Meet ends at 1:15, bus returns to Shaker at 1:45.

Fri. December 31st-Sunday January 2nd: No team practice, athletes should run, lift and perform push-ups and sit ups on their own.

Monday January 3rd-Practice 3:00-5:00

Tues. January 4th-League Meet #4@HVCC 4:15PM Bus leaves Shaker@ 3:00