

Holy Spirit Spartans CYO Track & Field Team
Practice & Meet Schedule - 2010 Season

Thurs.	Jan. 28	6:00-8:00pm	Sign-Ups	Holy Spirit Gym
Fri.	Jan. 29	3:00-5:00pm	Sign-Ups	Holy Spirit Gym
Mon.	Feb. 22	7:00pm	Parent/Player Information Meeting	Holy Spirit Small
Wed.	Feb. 24	3:00-4:00pm	K -2nd Grade Practice	Holy Spirit Track
Thurs.	Feb. 25	5:10-6:15pm	3 - 8th Grade Practice	American H.S.
Sat.	Feb. 27	9:30-10:45am	3 - 8th Grade Practice - Field Events	American H.S.
Wed.	Mar. 3	3:00pm-4:00pm	K- 2nd Grade Practice	Holy Spirit Track
Thurs.	Mar. 4	5:10-6:15pm	3- 8th Grade Practice	American H.S.
Sat.	Mar. 6	9:30-10:45am	3- 8th Grade Practice - Field Events	American H.S.
Wed.	Mar. 10	3:00-4:00pm	K- 2nd Grade Practice	Holy Spirit Track
Thurs.	Mar.11	5:10-6:15pm	3- 8th Grade Practice	American H.S.
Sat.	Mar.13	9:30-10:45am	3- 8th Grade Practice - Field Events	American H.S.
Wed.	Mar.17	3:00pm-4:00pm	K- 2nd Grade Practice	Holy Spirit Track
Thurs.	Mar. 18	5:10-6:15pm	3- 8th Grade Practice	American H.S.
Sat.	Mar. 20	9:30-10:45am	3- 8th Grade Practice - Field Events	American H.S.
Sunday	Mar. 21	12:00 Noon	Track Meet	James Logan H.S.
Wed.	Mar. 24	3:00-4:00pm	K- 2nd Grade Practice	Holy Spirit Track
Thurs.	Mar. 25	5:10-6:15pm	3- 8th Grade Practice	American H.S.
Sat.	Mar. 27	9:30-10:45am	3- 8th Grade Practice - Field Events	American H.S.
Sunday	Mar. 28	12:00 Noon	Relay Meet	James Logan H.S.
Wed.	Mar. 31	3:00-4:00pm	K- 2nd Grade Practice	Holy Spirit Track
Thurs.	Apr. 1	*****	NO PRACTICE - Holy Thursday	*****
Sat.	Apr. 3	*****	NO PRACTICE - Holy Saturday	*****
Sunday	Apr. 4	*****	NO MEET - EASTER	*****
Wed.	Apr. 7	*****	NO PRACTICE	*****
Thurs.	Apr. 8	5:10-6:15pm	3- 8th Grade Practice	American H. S.
Saturday	Apr. 10	9:30-10:45am	3-8th Grade Practice - Field Events/Relay	American H.S.
Sunday	Apr. 11	12:00 Noon	Track Meet	James Logan H.S.
Wed.	Apr. 14	3:00-4:00pm	K -2nd Grade Practice	Holy Spirit Track
Thurs.	Apr. 15	5:10-6:15pm	3- 8th Grade Practice	American H.S.
Sat.	Apr. 17	*****	NO PRACTICE	
Sunday	Apr. 18	12:00 Noon	Track Meet	James Logan H.S.
Wed.	Apr. 21	3:00-4:00pm	K- 2nd Grade Practice	Holy Spirit Track
Thurs.	Apr. 22	5:10-6:15pm	3- 8th Grade Practice	American H.S.
Sat.	Apr. 24	9:30-10:45am	3rd - 8th Grade Practice - Field Events	American H.S.

Sunday	Apr. 25	12:00 Noon	3rd - 8th Grade M.V.A.L. FINALS Meet	James Logan H.S.
Wed.	Apr. 28	3:00-4:00pm	K- 2nd Grade Practice	Holy Spirit Track
Thurs.	Apr. 29	5:10-6:15pm	3- 8th Grade Practice	American H.S.
Sat.	May 1	*****	NO PRACTICE	
Sunday	May 2	12:00 Noon	K - 2nd Grade M.V.A.L. FINALS Meet	James Logan H.S.
Tues.	May 4	5:10-6:15pm	3- 8th Grade Practice	American H.S.
Thurs.	May 6	5:10-6:15pm	3-8th Grade Practice - Field Events/Relay	American H.S.
Friday	May 7	6:30pm	Oakland Diocese Championship (Distances)	James Logan H.S.
Saturday	May 8	8:30am	Oakland Diocese Championship	Granada H.S.
TBA	TBA	TBA	Holy Spirit Track Team Awards Dinner	TBA

FEES: \$65 per 1st child, \$55 per 2nd child, \$45 per 3rd+ child

Track Coordinator will post weekly sprint and distance workouts. This is to accommodate those that ma
time conflicts, but still want to participate in the great sport of track & field.

| **Hall**

S.

S.

S.

Catch the Spirit Walk/Run

S.

S.

S. (Last K -2nd Grade Meet)

S. (3rd - 8th Grade)
(3rd - 8th Grade)

ly have various

1/21/2010