

## March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>7</b>	<b>8</b> Practice 3:30-6:00	<b>9</b> Practice 3:30-6:00	<b>10</b> Practice 3:30-6:00	<b>11</b> Practice 3:30-6:00	<b>12</b> Practice 3:30-6:00	<b>13</b> SQUAD PRACTICES see squad Coach 9:00 am
<b>14</b>	<b>15</b> Practice 3:30-6:00	<b>16</b> Practice 3:30-6:00	<b>17</b> Practice 3:30-6:00	<b>18</b> Practice 3:30-6:00	<b>19</b> Practice 3:30-6:00	<b>20</b> SQUAD PRACTICES see squad Coach 9:00 am
<b>21</b>	<b>22</b> Practice 3:30-6:00	<b>23</b> Practice 3:30-6:00	<b>24</b> Practice 3:30-6:00	<b>25</b> Practice 3:30-6:00	<b>26</b> Practice 3:30-6:00	<b>27</b> SQUAD PRACTICES see squad Coach 9:00 am
<b>28</b>	<b>29</b> <b>ANNVILLE @ 4:00pm</b>	<b>30</b> Practice 3:30-6:00	<b>31</b> Practice 3:30-6:00	<b>April 1</b> Practice 3:30-6:00	<b>2</b> Optional Practice 3:30-6:00	<b>3</b> NO PRACTICE

# April 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>4</b>	<b>5</b>  <b>AT COLUMBIA @ 4:00pm</b>	<b>6</b>  Practice 3:30-6:00	<b>7</b>  Practice 3:30-6:00	<b>8</b>  <b>E-TOWN HOME @ 4:00pm</b>	<b>9</b>  Practice 3:30-6:00	<b>10</b>  <b>HEMPFIELD INVITE @ 10:00am</b>
<b>11</b>	<b>12</b>  Practice 3:30-6:00	<b>13</b>  Practice 3:30-6:00	<b>14</b>  Practice 3:30-6:00	<b>15</b>  <b>MC HOME @ 4:00pm</b>	<b>16</b>  Practice 3:30-6:00	<b>17</b>  <b>SHIP &amp; SOLANCO INVITES @ 9:00</b>
<b>18</b>	<b>19</b>  <b>NL HOME @ 4:00pm</b>	<b>20</b>  Practice 3:30-6:00	<b>21</b>  Practice 3:30-6:00	<b>22</b>  Practice 3:30-6:00 <b>PENN RELAYS for Girls' 4x400</b>	<b>23</b>  <b>MILLERSVILLE INVITE @ 3:30</b>	<b>24</b>  PROM NO PRACTICE
<b>25</b>	<b>28</b>  Practice 3:30-6:00	<b>28</b>  <b>LMH HOME @ 4:00pm</b>	<b>28</b>  Practice 3:30-6:00	<b>29</b>  Practice 3:30-6:00	<b>30</b>  Practice 3:30-6:00	<b>1</b>  Practice for all 9:00 am

## May 2010

May 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b>	<b>3</b>  <b>AT ELCO</b> <b>@ 4:00pm</b>	<b>4</b>  Practice 3:30-6:00	<b>5</b>  Practice 3:30-6:00	<b>6</b>  Practice 3:30-6:00	<b>7</b>  <b>Battle for the</b> <b>Bridge at</b> <b>Eastern York</b> <b>@ 5:00pm</b>	<b>8</b>  <b>HERSHEY</b> <b>TRACK &amp;</b> <b>FIELD MEET</b> <b>AT DONEGAL</b> <b>@ 9:00am</b>
<b>9</b>	<b>10</b>  <b>LC HOME</b> <b>@ 4:00pm</b>	<b>11</b>  Practice for all 3:30-6:00	<b>12</b>  Practice for League Meet athletes 3:30-6:00	<b>13</b>  Practice for League Meet athletes 3:30-6:00	<b>14</b>  <b>Leagues at</b> <b>Hempfield</b> Note**Varsity Letter winners must attend*	<b>15</b>  <b>Leagues at</b> <b>Hempfield</b>
<b>16</b>	<b>17</b>  Practice for District Meet athletes 3:30-6:00	<b>18</b>  Practice for District Meet athletes 3:30-6:00	<b>19</b>  Practice for District Meet athletes 3:30-6:00	<b>20</b>  Practice for District Meet athletes 3:30-6:00	<b>21</b>  <b>Districts</b>	<b>22</b>  <b>Districts</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>  States	<b>29</b>  States