

Distance	Coach Jeff and Braithwaite				
12/23	Rush park	4:00 PM	12/30	LAHS Track	9:00 AM
12/24	5 Miles on own		12/31	5 miles on own	
12/25	Merry Christmas		1/1	5 miles on own	
12/26	5 miles on own		1/2	LAHS Track	9:00 AM
12/27	LAHS Track	9:00 AM	1/3	LAHS Track	9:00 AM
12/28	Signal Hill	8:00 AM	1/4	Signal Hill	8:00 AM
Distance	Coach Rulison				
Dec 23, 24, 27, 30, Jan 2-3	LAHS Track	8:00 AM			
Sprints	All Groups				
12/27, 30-31, Jan 2-6	LAHS Track	9:30			
Hurdles	Coach Goodin				
Dec 23-24, 30-31, Jan 2-3	LAHS Track	8:00 AM			
Long/Triple Jump	Coach Agnew				
Dec 26, 27, 30, 31 Jan 2-3	LAHS Track	8:00 AM			
high Jump	Coach Haines				
12/26, 12/30	LAHS Track	9:00 AM			
Throws	Coach Howard				
12/23, 26, 27, 30, 31 Jan 2-3	LAHS Track	10:00 AM			
Pole Vault	Coach Tully				
12/23, 26, 27, 30 Jan 2-3	LAHS Track	11:00 AM			