

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
5	5 NO SCHOOL	6 Permission slips and physicals	7 Permission slips and physicals	8 Permission slips and physicals	9 Permission slips and physicals	10
11	12 Boys/Girls Practice 3:15-4:15	13 Boys/Girls Practice 3:15-4:15	14 Boys/Girls Practice 3:15-4:15	15 Boys/Girls Practice 3:15-4:15	16 Boys/Girls Practice 3:15-4:15	17
18 Hammonton running club 3:45 (you can run \$10 (1-mile or volunteer for hours) this is optional	19 Boys/Girls Practice 3:15-4:15 (1st time trial)	20 Boys/Girls Practice 3:15-4:15	21 No practice - back to school night	22 Boys/Girls Practice 3:15-4:15 (second time trial)	23 Boys/Girls Practice 3:15-4:15 (hand out uniforms)	24 Drink lots of water and stay loose! For Monday's meet
25 Hammonton running club 3:45 (you can run \$10 (1-mile or volunteer for hours) this is optional	26 Away meet at ESTELL MANOR 3:45 race start	27 Boys/Girls Practice 3:15-4:15	28 Boys/Girls Practice 3:15-4:15	29 Away meet at Mullica 3:45 race start	30 Boys/Girls Practice 3:15-4:15	Drink lots of water and stay loose! For Monday's meet

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 Hammonton running club 3:45 (you can run \$10 (1-mile or volunteer for hours) this is optional	3 Home meet ASSUMPTION 3:45 race start	4 Boys/Girls Practice 3:15-4:15	5 Home meet ST. JOSEPH 3:45 race start	6 Boys/Girls Practice 3:15-4:15	7 NO SCHOOL	8 Drink lots of water and stay loose!
9 Hammonton running club 3:45 (you can run \$10 (1-mile or volunteer for hours) this is optional	10 NO SCHOOL	11 Boys/Girls Practice 3:15-4:15	12 AWAY meet at Absecon 3:45 race start	13 Boys/Girls Practice 3:15-4:15	14 AWAY meet at Assumption 3:45 race start	15 Drink lots of water and stay loose! For Monday's meet
16 Hammonton running club 3:45 (you can run \$10 (1-mile or volunteer for hours) this is optional	17 Home meet ASSUMPTION 3:45 race start	18 Boys/Girls Practice 3:15-4:15	19 AWAY meet at ST JOSEPH 3:45 race start	20 Boys/Girls Practice 3:15-4:15	21 Boys/Girls Practice 3:15-4:15	22 Drink lots of water and stay loose! For Monday's meet
23	24 Home meet ABSECON 3:45 race start	25 Boys/Girls Practice 3:15-4:15	26 Home meet MULLICA 3:45 race start	27 Boys/Girls Practice 3:15-4:15 Fun practice/pizza	28 Uniforms due clean with name tag attached	29

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