

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
	3:45pm - Practice		3:45pm - Practice	3:45pm - Practice	3:45pm - Mandatory	
17	18	19	20	21	22	23
	3:45pm - Practice	3:45pm - Practice	3:45pm - Practice	3:45pm - Practice	3:45pm - Practice	
24	25	26	27	28	1	2
	3:45pm - Practice	3:45pm - Practice	3:45pm - Practice	4pm - Meet @ Hoggard	NO PRACTICE	9am - Optional Practice

NHHS Track & XC

Mar 2019 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24	25	26	27	28	1	2
	3:45pm - Practice	3:45pm - Practice	3:45pm - Practice	4pm - Meet @ Hoggard	NO PRACTICE	9am - Optional Practice
3	4	5	6	7	8	9
	3:45pm - Practice	3:45pm - Practice	3:45pm - Practice	Interim Reports 4pm - Meet @ Topsail	NO PRACTICE	9am - Optional Practice
10	11	12	13	14	15	16
	3:45pm - Practice	3:45pm - Practice	3:45pm - Practice	4pm - Meet @ Ashley @	NO PRACTICE	9am - Optional Practice
17	18	19	20	21	22	23
	3:45pm - Practice	3:45pm - Practice	3:45pm - Practice	4pm - Meet @ Topsail	NO PRACTICE	9am - Optional Practice
24	25	26	27	28	29	30
	3:45pm - Practice	3:45pm - Practice	4pm - Meet @ Laney @	3:45pm - Practice	NO PRACTICE	9am - Optional Practice
31	1	2	3	4	5	6
	3:45pm - Practice	3:45pm - Practice	3:45pm - Practice	4pm - Meet @ Laney @	End of Grading Period NO PRACTICE	9am - Optional Practice

NHHS Track & XC

Apr 2019 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 3:45pm - Practice	2 3:45pm - Practice	3 3:45pm - Practice	4 4pm - Meet @ Laney @	5 End of Grading Period NO PRACTICE	6 9am - Optional Practice
7	8 3:45pm - Practice	9 3:45pm - Practice	10 Report Cards 4pm - Meet @ Laney @	11 3:45pm - Practice	12 NO PRACTICE	13 9am - Optional Practice
14	15 Spring Break 3:45pm - Practice	16 3:45pm - Practice	17 3:45pm - Practice	18 3:45pm - Practice	19 Good Friday NO PRACTICE	20 9am - Optional Practice
21	22 3:45pm - Practice	23 3:45pm - Practice	24 3:45pm - Practice	25 County Championships	26 NO PRACTICE	27 9am - Optional Practice
28	29 3:45pm - Practice	30 3:45pm - Practice	1 3:45pm - Practice	2 Conference	3 NO PRACTICE	4 9am - Optional Practice

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
	3:45pm - Practice	3:45pm - Practice	3:45pm - Practice	Conference	NO PRACTICE	9am - Optional Practice
5	6	7	8	9	10	11
	3:45pm - Practice	3:45pm - Practice	3:45pm - Practice	3:45pm - Practice	3A East Regionals @	3A East Regionals @
12	13	14	15	16	17	18
	3:45pm - Practice	Interim Reports 3:45pm - Practice	3:45pm - Practice	3:45pm - Practice	3A State	
19	20	21	22	23	24	25
26	27	28	29	30	31	1