

Southern Track & Field February 2013

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 off	4 Varsity Classic @ NYC Armory Bus TBD	5 off	6 Practice 2:45-5:15pm	7 Practice 2:45-5:15pm	8 Practice 2:45-5:15pm	9 Practice 8-11am (locations may vary)
	10 NJSIAA SJ4 Sectional Championships @ Bubble Bus TBD	11 off	12 Practice 2:45-5:15pm	13 Practice @ Bubble Bus 5:15pm	14 Practice 2:45-5:15pm	15 Practice 2:45-5:15pm	16
	17 Off	18 Practice 2:45-5:15pm	19 Practice 2:45-5:15pm	20 Practice @ Bubble Bus 3:15pm	21 Practice 2:45-5:15pm	22 Practice 2:45-5:15pm	23
	24 Off	25 Practice 2:45-5:15pm	26 Practice 2:45-5:15pm	27 Practice 2:45-5:15pm	28 Practice 2:45-5:15pm	Mar 1 Practice 2:45-5:15pm	Mar 2
1	Mar 3 Off	Mar 4 1st day of Outdoor! Practice 2:45-5:15pm	Mar 5 Practice 2:45-5:15pm	Mar 6 Practice 2:45-5:15pm	Mar 7 Practice 2:45-5:15pm	Mar 8 Practice 2:45-5:15pm	Mar 9 Practice 8-11am*

Southern Track & Field March 2013

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	3 Off	4 1st day of Outdoor! Practice 2:45-5:15pm	5 Practice 2:45-5:15pm	6 Practice 2:45-5:15pm	7 Practice 2:45-5:15pm	8 Practice 2:45-5:15pm	9 Practice 8-11am*
2	10 Off	11 Practice 2:45-5:15pm	12 Practice 2:45-5:15pm	13 Practice 2:45-5:15pm	14 Practice 2:45-5:15pm	15 Practice 2:45-5:15pm	16 Practice 8-11am*
3	17 Off	18 Practice 2:45-5:15pm	19 Practice 2:45-5:15pm	20 Practice 2:45-5:15pm	21 Practice 2:45-5:15pm	22 Practice 2:45-5:15pm	23 Practice 8-11am*
4	24 Off	25 Practice 2:30-5:15pm	26 Practice 2:30-5:15pm	MS Meet 27 Scrimmage: TBA	28 Practice 12:00-3:00 ½ day	Spring Recess 29 Practice 8-11am*	Spring Recess 30 Practice TBA
5	Spring Recess 31 Off	Spring Rec. Apr 1 Practice 8-11am*	Apr 2 Practice 2:30-5:15pm	Apr 3 Dual Meet: TRE & Lacey @ Lacey	MS Meet Apr 4 Practice 2:30-5:15pm	Apr 5 Practice 2:30-5:15pm	Apr 6 Practice 8-11am*

Southern Track & Field April 2013

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Spring Rec. Mar 31</i>	<i>Spring Recess 1</i>	2	3	<i>MS Meet 4</i>	5	6
5	Off	Practice 8-11am*	Practice 2:30-5:15pm	Dual Meet: TRE & Lacey @ Lacey	Practice 2:30-5:15pm	Practice 2:30-5:15pm	Practice 8-11am*
	7	8	9	10	11	12	13
6	Off	Practice 2:30-5:15pm	Practice 2:30-5:15pm	Dual Meet: BM & TRN @ Southern	Practice 2:30-5:15pm	Practice 2:30-5:15pm JV Relays: @ Central	Relay Meet: Husky Relays @ Matawan HS
	14	15	16	17	18	19	20
7	Off	Practice 2:30-5:15pm	Practice 2:30-5:15pm	Dual Meet: Jackson @ Southern	Practice 2:30-5:15pm Senior Trip	Practice 2:30-5:15pm Senior Trip	Relay Meet: Colts Neck Relays @ CN HS Senior Trip
	21	22	<i>MS Meet 23</i>	24	25	26	27
8	Off Senior Trip	Dual Meet: BT & TRS @ BT Senior Trip	Practice 12:15-3:00pm ½ Day	Practice 2:30-5:15pm	JV Meet: Central & Jackson @ TBA Practice 2:30-5:15pm	PENN RELAYS	PENN RELAYS
	28	29	30	<i>MS Meet May 1</i>	May 2	May 3	May 4
9		Practice 2:30-5:15pm	Practice 2:30-5:15pm	Practice 2:30-5:15pm	Practice 2:30-5:15pm	Championship: Ocean County Relays @ Southern	Practice 8-11am* SAT's

Southern Track & Field May 2013

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Apr 28	Apr 29	Apr 30	<i>MS Meet 1</i>	2	3	4
9		Practice 2:30-5:15pm	Practice 2:30-5:15pm	Practice 2:30-5:15pm	Practice 2:30-5:15pm	Championship: Ocean County Relays @ Southern	Practice 8-11am* SAT's
	5	6	7	8	<i>MS Meet 9</i>	10	11
10		Practice 2:30-5:15pm	Practice 2:30-5:15pm	Practice 2:30-5:15pm	Championship: Ocean County Ind. @ Jackson Lib.	Practice 2:30-5:15pm	Championship: Ocean County Ind. @ Jackson Lib.
	12	13	14	15	16	17	18
10		Practice 2:30-5:15pm Championship: Frosh/Novice @ Cherokee HS	Practice 2:30-5:15pm	Practice 2:30-5:15pm	Practice 2:30-5:15pm Meet: Night of 1600s @ Holmdel	Practice 2:30-5:15pm	Championship: Shore Conf. Ind. @ Neptune HS JR PROM
	19	20	21	22	23	24	25
11		Practice 12:00-3:00pm Championship: Frosh/Novice @ Central ½ Day	Middle School: Tournament of Champions @ Southern	Practice 2:30-5:15pm	Practice 2:30-5:15pm	Championship: Sectionals @ Egg Harbor HS	Championship: Sectionals @ Egg Harbor HS
	26	27	28	29	30	31	Jun 1
12		Memorial Day	Practice 2:30-5:15pm	Practice 2:30-5:15pm Meet: Night of 1600s @ Holmdel	Practice 2:30-5:15pm	Championship: Groups @ Egg Harbor HS	Championship: Groups @ Egg Harbor HS SAT's

BOYS

Southern Track & Field June 2013

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	May 26	May 27	May 28	May 29	May 30	May 31	1
12		Memorial Day	Practice 2:30-5:15pm	Practice 2:30-5:15pm Meet: Night of 1600s @ Holmdel	Practice 2:30-5:15pm	Championship: Groups @ Egg Harbor HS	Championship: Groups @ Egg Harbor HS SAT's
	2	3	4	5	6	7	8
13		Practice 2:30-5:15pm	Practice 2:30-5:15pm	Practice 2:30-5:15pm	Championship: Meet of Champs @ South Plainfield		SR PROM
	9	10	11	12	13	14	15
14			Banquet (Tentative) @ Paul King Park 12:00pm-2:30pm	Banquet (Tentative) @ Paul King Park 12:00pm-2:30pm			
	16	17	18	19	20	21	22
15							
	23	24	25	26	27	28	29
16		First Day of Cross Country 7:00am-9:00am		Cross Country 7:00am-9:00am		Cross Country 7:00am-9:00am	