

October 2019				
Venue	Date	Training Type	Start Time	End Time
Waterworks Park	Wednesday 2	Base training	5:00pm	7:00pm
Waterworks Park	Saturday 5	Base training	10:00am	12:00pm
Pinafore Park	Monday 7	Base training	5:00pm	7:00pm
Waterworks park	Wednesday 9	Base training	5:00pm	7:00pm
***Waterworks park	<u>Friday 11</u>**	Base training	5:00pm	7:00pm
Pinafore Park	Monday 14	Base training	5:00pm	7:00pm
Waterworks Park	Wednesday 16	Base training	5:00pm	7:00pm
Aquatic Center	Saturday 19	Pool Workout	2:00pm	4:00pm
Pinafore Park	Monday 21	Base training	5:00pm	7:00pm
Waterworks Park	Wednesday 23	Base training	5:00pm	7:00pm
Aquatic Center	Saturday 26	Pool Workout	2:00pm	4:00pm
Pinafore Park	Monday 28	Base training	5:00pm	7:00pm
Waterworks Park	Wednesday 30	Base training	5:00pm	7:00pm

November 2019				
Venue	Date	Training Type	Start Time	End Time
Aquatic Center	Saturday 2	Pool Workout	2:00pm	4:00pm
Thompson Arena	Tuesday 5	Track & Field	6:00 pm	7:30pm
Thompson Arena	Thursday 7	Track & Field	7:30pm	9:00pm
Aquatic Center	Saturday 9	Pool Workout	2:00pm	4:00pm
Thompson Arena	Tuesday 12	Track & Field	6:00 pm	7:30pm
Thompson Arena	Thursday 14	Track & Field	7:30pm	9:00pm
Thompson Arena	<u>Sunday 17</u>	Track & Field	2:00pm	4:00pm
Thompson Arena Western Meet P & W	Tuesday 19	Track & Field TENTATIVE Practice TBA	6:00 pm	7:30pm
Thompson Arena	Thursday 21	Track & Field	7:30pm	9:00pm
Thompson Arena	Sunday 24	Track & Field	Cancelled	
Thompson Arena	Tuesday 26	Track & Field	6:00 pm	7:30pm
Thompson Arena	Thursday 28	Track & Field	7:30pm	9:00pm
Thompson Arena Season Opener – Track Meet	Saturday 30	<u>No Practice</u>	2:00pm	4:00pm

December 2019				
Venue	Date	Training Type	Start Time	End Time
Thompson Arena	Sunday 1	Track & Field	2:00pm	4:00pm
Thompson Arena	Tuesday 3	Track & Field	6:00pm	7:30pm
Thompson Arena	Thursday 5	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Saturday 7	Track & Field	2:00pm	4:00pm
Thompson Arena	Tuesday 10	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thursday 12	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Saturday 14	Track & Field	2:00pm	4:00pm
Thompson Arena	Tuesday 17	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thursday 19	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Saturday 21	Track & Field	2:00pm	4:00pm
Thompson Arena	Tuesday 24	No Practice Track facility Closed	CHRISTMAS EVE	
Thompson Arena	Thursday 26	No Practice Track facility Closed	BOXING DAY	
Thompson Arena	Saturday 28	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tuesday 31	No Practice Track facility closed	New Year's Eve	

January 2020				
Venue	Date	Training Type	Start Time	End Time
Thompson Arena	Thursday 2	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Saturday 4	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tuesday 7	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thursday 9	Track & Field	7:30 pm	9:00 pm
Thompson Arena	<u>Sunday 12</u>	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tuesday 14	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thursday 16	Track & Field	7:30 pm	9:00 pm
Thompson Arena Don Wright Track Meet	Saturday 18	Track & Field Competition	TBA	TBA
Thompson Arena	Tuesday 21	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thursday 23	Track & Field	7:30 pm	9:00 pm
Thompson Arena	<u>Sunday 26</u>	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tuesday 28	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thursday 30	Track & Field	7:30 pm	9:00 pm

February 2020				
Venue	Date	Training Type	Start Time	End Time
Thompson Arena	<u>Sunday 2</u>	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tuesday 4	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thursday 6	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Saturday 8	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tuesday 11	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thursday 13	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Saturday 15	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tuesday 18	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thursday 20	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Saturday 22	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tuesday 25	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thursday 27	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Saturday 29	Track & Field	2:00 pm	4:00 pm

March 2020				
Venue	Date	Training Type	Start Time	End Time
Thompson Arena	Tuesday 3		6:00 pm	7:30 pm
Thompson Arena	Thursday 5		7:30 pm	9:00 pm
FLORIDA TRAINING CAMP	March 13 to March 22			