

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice 5:30 pm – 7:00 pm	2 Practice 5:30 pm – 7:00 pm	3	4	5	6
7	8 Practice 5:30 pm – 7:00 pm	9 Practice 5:30 pm – 7:00 pm	10	11 Practice 5:30 pm – 7:00 pm	12	13 <u>USATF Region 7 Junior Olympic Track & Field Championships</u>
14 <u>USATF Region 7 Junior Olympic Track & Field Championships</u>	15 Practice 5:30 pm – 7:00 pm	16 Practice 5:30 pm – 7:00 pm	17	18 End of Season Picnic- 5:30 pm	19	20
21	22	23	24	25	26	27 USATF National Junior Olympics Sacramento, California
28 USATF National Junior Olympics Sacramento, California	29	30	31			

EVENTS

[USATF Region 7 Junior
Olympic Track & Field
Championships](#) – Regionals

7/11 – 7/14/19 – Joliet, IL

[USATF National Junior
Olympics - Nationals
Sacramento, California](#)

7/22 – 7/28/19