

HS-November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 <i>Peak 7:00-8:30PM</i>	27 <i>Adams Center</i> <i>Field Events/Hurdles</i> <i>6:30-8:00PM -OR-</i> <i>Griz Field-</i> <i>Agility & Coordination</i> <i>7:00-8:00PM</i>	28 <i>Peak 7:00-8:30PM</i> <i>Adams Center-Pole</i> <i>Vault 6:00-8:00PM</i>	29 <i>Griz Field-</i> <i>Functional Strength</i> <i>7:00-8:00PM</i>	30	

HS-December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Peak 7:00-8:30PM</i>	4 <i>Adams Center</i> <i>Field Events/Hurdles</i> 6:30-8:00PM -OR- <i>Griz Field-</i> <i>Agility & Coordination</i> 7:00-8:00PM	5 <i>Peak 7:00-8:30PM</i> <i>Adams Center-Pole</i> Vault 6:00-8:00PM	6 <i>Griz Field-</i> <i>Functional Strength</i> 7:00-8:00PM	7	8
9	10 <i>Peak 7:00-8:30PM</i>	11 <i>Adams Center</i> <i>Field Events/Hurdles</i> 6:30-8:00PM -OR- <i>Griz Field-</i> <i>Agility & Coordination</i> 7:00-8:00PM	12 <i>Peak 7:00-8:30PM</i> <i>Adams Center-Pole</i> Vault 6:00-8:00PM	13 <i>Griz Field-</i> <i>Functional Strength</i> 7:00-8:00PM	14	15
16	17 <i>Peak 7:00-8:30PM</i>	18 <i>Adams Center</i> <i>Field Events/Hurdles</i> 6:30-8:00PM -OR- <i>Griz Field-</i> <i>Agility & Coordination</i> 7:00-8:00PM	19 <i>Peak 7:00-8:30PM</i> <i>Adams Center-Pole</i> Vault 6:00-8:00PM	20 <i>Griz Field-</i> <i>Functional Strength</i> 7:00-8:00PM	21	22
23	24 <i>No Practice</i>	25 <i>No Practice</i>	26 <i>No Practice</i>	27 <i>No Practice</i>	28	29
30	31 <i>No Practice</i>					

HS-January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>Peak</i> 7:00-8:30PM <i>Adams Center-Pole Vault</i> 6:00-8:00PM	3 <i>Griz Field-Functional Strength</i> 7:00-8:00PM	4	5
6	7 <i>Peak</i> 7:00-8:30PM	8 <i>Adams Center Field Events/Hurdles</i> 6:30-8:00PM -OR- <i>Griz Field-Agility & Coordination</i> 7:00-8:00PM	9 <i>Peak</i> 7:00-8:30PM <i>Adams Center-Pole Vault</i> 6:00-8:00PM	10 <i>Griz Field-Functional Strength</i> 7:00-8:00PM	11	12
13	14 <i>Peak</i> 7:00-8:30PM	15 <i>Adams Center Field Events/Hurdles</i> 6:30-8:00PM -OR- <i>Griz Field-Agility & Coordination</i> 7:00-8:00PM	16 <i>Peak</i> 7:00-8:30PM <i>Adams Center-Pole Vault</i> 6:00-8:00PM	17 <i>Griz Field-Functional Strength</i> 7:00-8:00PM	18	19
20	21 <i>Peak</i> 7:00-8:30PM	22 <i>Adams Center Field Events/Hurdles</i> 6:30-8:00PM -OR- <i>Griz Field-Agility & Coordination</i> 7:00-8:00PM	23 <i>Peak</i> 7:00-8:30PM <i>Adams Center-Pole Vault</i> 6:00-8:00PM	24 <i>Griz Field-Functional Strength</i> 7:00-8:00PM	25	26
27	28 <i>Peak</i> 7:00-8:30PM	29 <i>Adams Center Field Events/Hurdles</i> 6:30-8:00PM -OR- <i>Griz Field-Agility & Coordination</i> 7:00-8:00PM	30 <i>Peak</i> 7:00-8:30PM <i>Adams Center-Pole Vault</i> 6:00-8:00PM	31 <i>Griz Field-Functional Strength</i> 7:00-8:00PM		

HS-February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>Peak 7:00-8:30PM</i>	5 <i>Adams Center</i> <i>Field Events/Hurdles</i> 6:30-8:00PM -OR- <i>Griz Field-</i> <i>Agility & Coordination</i> 7:00-8:00PM	6 <i>Peak 7:00-8:30PM</i> <i>Adams Center-Pole</i> <i>Vault 6:00-8:00PM</i>	7 <i>Griz Field-</i> <i>Functional Strength</i> 7:00-8:00PM	8	9
10	11 <i>Peak 7:00-8:30PM</i>	12 <i>Adams Center</i> <i>Field Events/Hurdles</i> 6:30-8:00PM -OR- <i>Griz Field-</i> <i>Agility & Coordination</i> 7:00-8:00PM	13 <i>Peak 7:00-8:30PM</i> <i>Adams Center-Pole</i> <i>Vault 6:00-8:00PM</i>	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		