

# MS-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>Adams Center- Pole Vault 6:00-8:00PM</i>	27 <i>Griz Field- Agility &amp; Coordination 7:00-8:00PM</i>	28	29 <i>Adams Center Field Events/Hurdles 6:30-8:00PM -OR- Griz Field- Functional Strength 7:00-8:00PM</i>	30 <i>Peak 6:30-8:00PM</i>	

# MS-December 2018

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

# MS-January 2019

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

# MS-February 2019

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