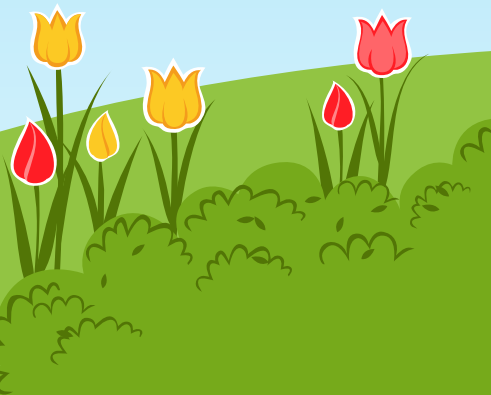




March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26 Meeting after school 3:50- 5:00 Mrs. Frake's Room	27 No Practice	28 Practice 3:50 - 5:30	29 Practice 3:50 - 5:30	30
31	01	02	03	04	05	06



April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	01 Practice 3:50 – 5:30	02 Practice 3:50 – 5:30	03 Practice 3:50 – 5:30	04 Practice 3:50 – 5:30	05 Practice 3:50 – 5:30	06
07	08 Practice 3:50 – 5:30	09 Track Meet @ West Delaware 4:00	10 Practice 3:50 – 5:30	11 Practice 3:50 – 5:30	12 Track Meet @ Bellevue 4:00	13
14	15 Track Meet @ Cascade 4:15	16 Practice 3:50 – 5:30	17 Practice 3:50 – 5:30	18 Practice 3:50 – 5:30	19 No School No Practice	20
21	22 Track Meet @ Monticello 4:00	23 Practice 3:50-5:30	24 Practice 3:50 – 5:30	25 Track Meet @ Independence 4:15	26 Cascade Jr. High Field Trip to Des Moines No Practice	27
28	29 Practice 3:50 – 5:30	30 Track Meet @ Central City 4:00	01	02	03	04
05	06	07	08	09	10	11



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	01 Practice 3:50 – 5:30	02 Practice 3:50 – 5:30	03 Practice 3:50 – 5:30	04
05	06 Practice 3:50 – 5:30	07 Conference Track Meet @North Cedar 4:15	08 No Practice	09 Pizza Party & Awards 3:50 – 4:45 H.S. Cafe	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	01
02	03	04	05	06	07	08

May 2019