

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			1st Practice! 6pm-7pm			Practice 10am - 11am
8	9	10	11	12	13	14
			Practice 6pm-7pm			Practice 10am - 11am
15	16	17	18	19	20	21
			Practice 6pm-7pm		DCG Early Bird 5pm Registration 6pm Start time 800m, 100m, 400m 4x200, LJ, SP \$5 Entry Fee Spectators - Free	Practice 10am - 11am VERY Optional for those who ran the night before.
22	23	24	25	26	27	28
			Practice 6pm-7pm			Practice 10am - 11am
29	30					

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 No Practice Klompem Classic Run the 5k!	3	4	5 Practice 10am - 11am Optional due to Tulip Time
6 Iowa Speed Track Meet Tiffin, Iowa Clear Creek Amana HS	7	8	9 Practice 6pm-7pm	10	11	12 Excalibur Track Meet Waukee More Information to come
13	14	15 Optional Meet Live Healthy Iowa Track Meet Oskaloosa 5:15 Start	16 Practice 6pm-7pm	17	18	19 Practice 10am - 11am
20	21	22	23 Practice 6pm-7pm	24	25	26 Practice 10am - 11am Possible Waukee Meet - More info to come
27	28	29	30 Practice 6pm-7pm	31		

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						Practice 10am - 11am
3	4	5	6	7	8	9
Johnston RC Meet Johnston MS			Practice 6pm-7pm			Practice 10am - 11am
10	11	12	13	14	15	16
			Practice 6pm-7pm			USATF State Meet Ames, Iowa Iowa State
17	18	19	20	21	22	23
USATF State Meet Ames, Iowa Iowa State						
24	25	26	27	28	29	30