

March

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19 Practice 6:00-7:30	20	21 Practice 6:00-7:30	22	23 Specialized Therapy Presentation Injury Prevention
24	25 Practice 6:00-7:30	26	27	28	29	30

Notes:

*March 23: Specialized Therapy Presentation Injury Prevention Seminar for Track Athletes
Uniforms will be distributed prior to April 7, 2019

April

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Practice 6:00-7:30	2	3	4 Practice 6:00-7:30	5	6
7 MEET: Saddle Brook HS	8 High School meet	9 Practice 6:00-7:30	10	11 Practice 6:00-7:30	12	13
14 MEET: Hackensack HS	15	16 High School meet Practice 6:00-7:30	17 Practice 6:00-7:30	18	19	20
21 EASTER	22	23 Practice 6:00-7:30	24	25	26 Practice 6:00-7:30	27
28 MEET East Rutherford	29 Practice 6:00-7:3	30	1	2	3	4

Meet Checklist:

ALL: Competition Bib, Uniform, Weather-Appropriate clothing, Sunscreen, Food, Water, Chairs, Tent, Portable phone charger

Throwers: Personal implements (shot put, javelin and discus to check in)

May

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Practice 6:00-7:30	2 Practice 6:00-7:30	3	4
5 HOME MEET Fair Lawn	6	7	8	9 Practice 6:00-7:30	10	11
12 Happy Mother's Day	13	14 Practice 6:00-7:30	15 Practice 6:00-7:30 USATF ONLY	16 Practice 6:00-7:30	17	18
19 MEET NJ Striders Qualifier (USATF ONLY) Rutherford	20	21 Practice 6:00-7:30	22	23 Practice 6:00-7:30	24	25
26	27 MEMORIAL DAY PARADE	28 Practice 6:00-7:30	29 Practice 6:00-7:30 USATF ONLY	30 Practice 6:00-7:30	31	1

Notes:

HOME MEET May 5 2019; Volunteers needed for home meet. Donations and time needed. Sign up to volunteer today!

PARADE MAY 27, 2019: Meet by Radburn train station parking lot 45 minutes prior to parade start

June

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 MEET: Englewood Winton White Stadium	3	4 Practice 6:00-7:30	5 Practice 6:00-7:30 USATF ONLY	6 Practice 6:00-7:30	7	8 USATF State Championships 8-14
9 USATF State Championships 8-14	10 Annual Awards Dinner 6-10PM	11	12	13	14	15 USATF State Championships 15-18
16 USATF State Championships 15-18	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

