

May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 CC Team Meeting, Boys Team	4 CC Team Meeting, Girls Team	5	6	7 <u>4A Regional Championship</u> <u>T & F @ FPC</u>
8 cross-train: Bicycles or Swimming (20-25 miles)	9 CC Athletes: EZD and fun mileage Middle School Publicity Week	10 CC Athletes: EZD and fun mileage	11 CC Athletes: EZD and fun mileage	12 CC Athletes: EZD and fun mileage	13 CC Athletes: EZD and fun mileage	14 <u>4A State Championship</u> <u>T & F @ UF</u>
15 (JTC Camp scholarship, deadline TBD) (25-30 miles)	16 CC Athletes: EZD and fun mileage	17 CC Athletes: EZD and fun mileage	18 CC Athletes: EZD and fun mileage	19 CC Athletes: EZD and fun mileage	20 CC Athletes: EZD and fun mileage	21 First Day of Team Conditioning; 7:30AM at the MHS Track
22 NOTE: CC Camp is set for July 6th @ FSU (30-35miles)	23 CC Conditioning 3:00 @ Julington- Durbin	24 CC Conditioning 3:00PM @ Julington-Durbin	25 No Conditioning **EARLY DISMISSAL** 5:00PM: Graduation	26 CC Conditioning 3:00 @ Julington- Durbin	27 LAST DAY OF SCHOOL NO CONDITIONING	28 CC Conditioning 7:30AM @ Ft. Caroline; Carpool from MHS
29 (40 miles)	30 No SCHOOL No Conditioning	31 Planning Day CC Conditioning 2:45PM @ MHS				

Bartram Park Trails is the Julington-Durbin Creek Preserve off Bartram Park Blvd (on the right-hand side about two miles down road—yellow gate entrance)

June 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Planning Day No Team Meet	2 Conditioning: 7:00AM@ Julington-Durbin	3 Conditioning: 7:00AM@ Julington-Durbin	4 Long Run 7:30AM Meet at Bartram Trail SAT Testing
5	6 7:30AM@ Julington-Durbin	7 7:30AM@ Julington-Durbin	8 No Team Meet	9 6:00PM@ Bridges; leave school at 5:30PM	10 7:30AM @ @ MHS Track Freshman First Day	11 Long Run: @Baldwin Meet at school 7:30AM ACT TESTING
12	13 7:30AM@ Julington-Durbin	14 7:30AM @ MHS Track	15 Senior Breakfast @ 8:00AM	16 6:00PM@ Bridges; leave school at 5:30PM	17 6PM “Track and Snack” Time Trial 7:00PM: Parent’s Meeting @ Track	18 <u>Long Run</u> @ Hanna Park Meet @ school 7:30AM
19	20 7:30AM@ Julington-Durbin	21 7:30AM @ MHS Track	22 Pool Workout @ 8:00AM	23 6:00PM@ Bridges; leave school at 5:30PM	24 7:30AM@ Julington-Durbin Coaches BBQ 10:45AM	25 Water Station: Run for the Pies <u>Long Run</u> @Bartram Pkwy@ 7:30AM
26	27 7:30AM@ Julington-Durbin	28 7:30AM @ MHS Track	29 Pool Workout @8:00AM	30 7:30AM @ MHS Track	Captain’s Practice 7:30AM	<u>Long Run</u> @ GUANA PARK; leave school @ 7:30AM

Bartram Park Trails is the Julington-Durbin Creek Preserve off Bartram Park Blvd (on the right-hand side about two miles down road—yellow gate entrance)

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31					1 Captain's Practice 7:30AM @ Trails	2 Long Run @ GUANA PARK; leave school @ 7:30AM
3	4 Water Station: Celebration 5K (6:00 AM) Practice follows...	5 7:30AM@ MHS Track	6 Team Camp: FSU Leave in AM (Non-Campers @ Trails @ 7:30AM)	7 Team Camp: FSU Leave in AM (Non-Campers @ Trails @ 7:30AM)	8 Team Camp: FSU Leave in AM (Non-Campers @ Trails @ 7:30AM)	9 Team Camp: FSU Leave in AM (Non-Campers @ Trails @ 7:30AM) ACT TESTING
10 <u>Week 11</u> <u>Team Camp: FSU</u>	11 <u>No Team Practice</u>	12 7:30AM@ MHS Track	13 Pool Workout @8:00AM	14 6:00PM@ Bridges; leave school at 5:30PM	15 7:30AM@ Julington-Durbin	16 <u>Long Run @ Hanna</u> <u>Park @ School</u> 8:00AM
17 <u>Week 12</u>	18 7:30AM@ Julington-Durbin	19 7:30AM @ MHS Track	20 Pool Workout @8:00AM	21 6:00PM@ Bridges; leave school at 5:30PM	22 7:30AM@ Julington-Durbin	23 <u>Meet at School</u> <u>7:30AM</u> <u>Carpool</u>
24 <u>Week 13</u> NO SCHMITT	25 <u>@trails @ 7:30AM</u>	26 <u>@trails @ 7:30AM</u>	27 <u>@trails @ 7:30AM</u>	28 <u>@trails @ 7:30AM</u>	29 <u>@trails @ 7:30AM</u>	30 <u>Meet at School</u> <u>7:30AM</u> <u>Carpool</u>

Bartram Park Trails is the Julington-Durbin Creek Preserve off Bartram Park Blvd (on the right-hand side about two miles down road—yellow gate entrance)

August 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
First Practice Date: August 1	1 Team Practice 7:30AM	2 Team Practice 7:30AM	3 Team Practice 7:30AM	4 Team Practice 6:00PM	5 Team Practice 7:30AM	6 Team Practice 7:30AM
7	8 Teacher Planning (Coaches Only Meeting @ 5:00PM) Practice: 6:30AM @MHS	9 Teacher Planning Practice: 6:30AM @ MHS	10 Teacher Planning Practice: 6:30AM Julington-Durbin	11 Teacher Planning “A Long Night of Running” 2022 MHS Track Trials Under the Lights (3K;4K;5K)	12 Teacher Planning Practice 6:30AM MHS Water Station: Tour De Pain	13 Water Station: Tour De Pain Team Run TBD
14 <u>Pre-Season Classics</u>	15 First Day of School NO TEAM PRACTICE	16 Team Mtg /Study: 2:20PM Practice: 4:00PM @ MHS	17 Practice: 4:00 PM Julington-Durbin	18 Practice: 4:00 PM Julington-Durbin	19 Practice: 4:00 PM Julington-Durbin	20 <u>Mustang Community and Alumni 5K (6:30AM)</u>
21 <u>First Week of Regular Season</u>	22 Team Mtg /Study: 2:20PM Practice: 4:00PM @ MHS	23 Home Meet: Julington-Durbin Trails—4:00PM	24 Car Pool TO FORT CAROLINE 230PM	25 Practice: 4:00 PM Julington-Durbin	26 AM Practice, POOL. MEET: CECIL FIELD PRE- SEASON PM	27 Team Run 7:30AM Water Station/ Beaches Run SAT TESTING
28	29 Team Mtg /Study: 2:20PM Practice: 4:00PM @ MHS	30 Home Meet: vs. Paxon and Jackson @ 6:00PM	31 **EARLY DISMISSAL** Carpool TO FORT CAROLINE 230PM			

Bartram Park Trails is the Julington-Durbin Creek Preserve off Bartram Park Blvd (on the right-hand side about two miles down road—yellow gate entrance)

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Home Meet: Julington Durbin Trails	Carpool TO FORT CAROLINE 230PM	Practice: 4:00PM @ MHS	Am Practice,	DeLand Invitational: Travel @ 5:00AM ACT TESTING
4	LABOR DAY; NO CLASSES; WATERSTATION Practice TBD	Practice: 4:00PM @ MHS	Practice: 4:00 PM @ Bartram Trails	Practice: 4:00PM @ MHS	Am Practice: POOL	MEET: Ridgeview Invitational @ 6:00AM
11	Practice: 4:00PM @ MHS	Practice: 4:00 PM @ Bartram Trails	Carpool TO FORT CAROLINE 230PM	Practice: 4:00 PM @ Bartram Trails	AM Practice; POOL Leave for North Carolina (2:15PM)	MEET: Hare and Hounds, McAlpine, Charlotte, NC
18	Practice: 4:00PM @ MHS	Home Meet: vs. Englewood, FC, Fletcher @ 6:00PM (Senior Parent Night)	Practice: 4:00PM @ Bartram Trails	Practice: 4:00 PM @ Trails	AM Practice: POOL	MEET: Katie Caples Invitational PM
25	Practice: 4:00PM @ MHS	Practice: 4:00PM @ Trails)	**EARLY DISMISSAL** Carpool TO FORT CAROLINE 2:30PM	Practice: 4:00PM @ Trails	AM Practice: POOL Road trip to Georgia, 2:15PM	

Bartram Park Trails is the Julington-Durbin Creek Preserve off Bartram Park Blvd (on the right-hand side about two miles down road—yellow gate entrance

October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Water Station: Pumpkin Run	31 Practice: 4:00 PM @ MHS					1 Meet: Flrunners.com @Lakeland SAT TESTING
Week 5 2	3 Practice: 4:00 PM @ MHS	4 Practice: 4:00PM @ Cecil Field	5 MEET: CECIL FIELD Gateway Conference PM	6	7 Am Practice, Travel to FSU: 12:30PM	8 MEET: FSU PRE- STATE INVITATIONAL?
Week 4 9	10 Practice: 4:00 PM @ MHS	11 Practice: 4:00PM @ Trails	12 Practice: 4:00 PM @ Bartram Trails	13 Practice: 4:00 PM @ Bartram Trails	14 Weather Day: AM PRACTICE	15 MEET: BK JV CHAMPIONSHIP
Week 3 District Meets 16	17 Practice: 4:00 PM @ MHS Planning Day	18 Practice: 4:00 PM	19 Practice: 4:00 PM	20 Practice: 4:00 PM @ Bartram Trails	21 AM Practice	22 MEET DISTRICT CHAMPIONSHIP (Last Day for JV) ACT TESTING
Week 2 23	24 Practice: 4:00 PM @ MHS	25 Practice: 4:00PM @ Trails	26 EARLY DISMISSAL Practice: 4:00 PM @ Bartram Trails	27 Practice: 4:00 PM @ Bartram Trails	28 Practice	29 Regional Championship

Bartram Park Trails is the Julington-Durbin Creek Preserve off Bartram Park Blvd (on the right-hand side about two miles down road—yellow gate entrance)

November 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1		1 Practice	2 Practice	3 Practice: 4:00 PM @ Bartram Trails	4 Am Practice (Travel: TBD)	5 MEET: STATE CHAMPIONSHIP- Tallahassee SAT Test
6	7	8	9	10	11 VETERANS DAY- NO CLASSES	12
13	14	15	16	17	18	19
20	21 TRACK INTEREST MEETING BOYS	22 TRACK INTEREST MEETING GIRLS	23 SCHOOL CLOSED	24 SCHOOL CLOSED	25 SCHOOL CLOSED	26
27	28	29	30 **EARLY DISMISSAL**	Dec 1 TRACK CONDITIONING ON DECEMBER 1	Dec 2	Dec 3 SAT TESTING

Bartram Park Trails is the Julington-Durbin Creek Preserve off Bartram Park Blvd (on the right-hand side about two miles down road—yellow gate entrance)