

Henley Runners

February
2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------------|----------------------------------|--------------------------------|--|-------------------------------|--|
| 1 | 2 SCHOOL CLOSED (SNOW DAY) | 3 BROWNSVILLE 4:15 – 5:15 | 4 TURF ROOM 4:15 – 5:15 | 5 BROWNSVILLE 4:15 – 5:15 | 6 TURF ROOM 4:15 – 5:15 | 7 |
| 8 | 9 TURF ROOM 4:15 – 5:15 | 10 BROWNSVILLE 4:15 – 5:15 | 11 TURF ROOM 4:15 – 5:15 | 12 BROWNSVILLE 4:15 – 5:15 LAST DAY OF INDOOR PRACTICE | 13 | 14 ROUTE 250 INVITATIONAL WOODBERRY FOREST |
| 15 | 16 NO SCHOOL | 17 NO SCHOOL | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |

Henley Runners

March
2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--------------------------------|--------------------------------|--------------------------------|--|--|
| 1 | 2 FIRST DAY OF OUTDOOR TRACK TURF ROOM 4:15 – 5:15 | 3 TURF ROOM 4:15 – 5:15 | 4 TURF ROOM 4:15 – 5:15 | 5 TURF ROOM 4:15 – 5:15 | 6 | 7 |
| 8 | 9 TURF ROOM 4:15 – 5:15 | 10 TURF ROOM 4:15 – 5:15 | 11 TURF ROOM 4:15 – 5:15 | 12 TURF ROOM 4:15 – 5:15 | 13 HENLEY TRIANGULAR WAHS 4:30 | 14 |
| 15 | 16 TURF ROOM 4:15 – 5:15 | 17 TURF ROOM 4:15 – 5:15 | 18 TURF ROOM 4:15 – 5:15 | 19 NO SCHOOL | 20 NO SCHOOL INDOOR NATIONALS | 21 LOUISA INV / INDOOR NATIONALS |
| 22 | 23 TURF ROOM 4:15 – 5:15 | 24 TURF ROOM 4:15 – 5:15 | 25 TURF ROOM 4:15 – 5:15 | 26 TURF ROOM 4:15 – 5:15 | 27 | 28 LOUISA INV |
| 29 | 30 TURF ROOM 4:15 – 5:15 | 31 TURF ROOM 4:15 – 5:15 | | | | |

Henley Runners

April
2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|---|-------------------------------------|
| | | | 1 TURF ROOM 4:15 – 5:15 | 2 TURF ROOM 4:15 – 5:15 | 3 HENLEY TRIANGULAR WAHS 4:30 | 4 |
| 5 | 6 NO SCHOOL SPRING BREAK | 7 NO SCHOOL SPRING BREAK | 8 NO SCHOOL SPRING BREAK | 9 NO SCHOOL SPRING BREAK | 10 NO SCHOOL SPRING BREAK | 11 |
| 12 | 13 TURF ROOM 4:15 – 5:15 | 14 TURF ROOM 4:15 – 5:15 | 15 | 16 TURF ROOM 4:15 – 5:15 | 17 | 18 ALBEMARLE INV WAHS 9:30 |
| 19 | 20 TURF ROOM 4:15 – 5:15 | 21 TURF ROOM 4:15 – 5:15 | 22 TURF ROOM 4:15 – 5:15 | 23 TURF ROOM 4:15 – 5:15 | 24 | 25 |
| 26 | 27 TURF ROOM 4:15 – 5:15 | 28 TURF ROOM 4:15 – 5:15 | 29 TURF ROOM 4:15 – 5:15 | 30 TURF ROOM 4:15 – 5:15 | | |

Henley Runners

May
2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------------|--------------------------------|--|---|---|--|
| | | | | | 1 FLUVANNA INV 3:00 FIELD 4:00 RUNNING | 2 |
| 3 | 4 TURF ROOM 4:15 – 5:15 | 5 TURF ROOM 4:15 – 5:15 | 6 GREG DAVIS MEM LOCATION TBD 4:00 PM | 7 TURF ROOM 4:15 – 5:15 | 8 | 9 |
| 10 | 11 TURF ROOM 4:15 – 5:15 | 12 TURF ROOM 4:15 – 5:15 | 13 TURF ROOM 4:15 – 5:15 | 14 TURF ROOM 4:15 – 5:15 | 15 | 16 |
| 17 | 18 TURF ROOM 4:15 – 5:15 | 19 TURF ROOM 4:15 – 5:15 | 20 TURF ROOM 4:15 – 5:15 | 21 TURF ROOM 4:15 – 5:15 LAST DAY OF PRACTICE | 22 | 23 STATE CHAMPIONSHIPS GLEN ALLEN, VA |
| 24 | 25 NO SCHOOL | 26 | 27 | 28 | 29 LAST DAY OF SCHOOL | 30 |
| 31 | | | | | | |