

Henley Runners

October
2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 TURF ROOM 4:15 – 5:15	2 TURF ROOM 4:15 – 5:15	3	4 ALBEMARLE INV. 4K MONTICELLO HS 9:00 AM
5	6 TURF ROOM 4:15 – 5:15	7 TURF ROOM 4:15 – 5:15	8 TURF ROOM 4:15 – 5:15	9 CVILLE CATH INV 3K DARDEN TOWE 4:30 PM	10	11
12	13 NO SCHOOL	14 NO SCHOOL	15 TURF ROOM 4:15 – 5:15	16 TURF ROOM 4:15 – 5:15	17 TURF ROOM 4:15 – 5:15	18 HENLEY INV 4K HENLEY FIELDS 9:00 AM
19	20 TURF ROOM 4:15 – 5:15	21 TURF ROOM 4:15 – 5:15	22 TURF ROOM 4:15 – 5:15 LAST DAY OF CC PRACTICE	23 COUNTY CHMP 4K MONTICELLO HS 4:45 PM BUS DEPARTS 3:15	24	25 STATE CHAMPIONSHIPS (LIMITED TO TOP 24)
26	27	28	29	30	31	

Henley Runners

November
2025

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

Henley Runners

December
2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 TURF ROOM 4:15 – 5:15	2 TURF ROOM 4:15 – 5:15	3 TURF ROOM 4:15 – 5:15	4 TURF ROOM 4:15 – 5:15	5 ST. CHRISTOPHER'S RICHMOND LEAVE BY 2:30	6
7	8 TURF ROOM 4:15 – 5:15	9 TURF ROOM 4:15 – 5:15	10 TURF ROOM 4:15 – 5:15	11 TURF ROOM 4:15 – 5:15	12	13 ST. CHRISTOPHER'S RICHMOND
14	15 TURF ROOM 4:15 – 5:15	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
21	22 NO SCHOOL WINTER BREAK	23 NO SCHOOL WINTER BREAK	24 NO SCHOOL WINTER BREAK	25 NO SCHOOL WINTER BREAK	26 NO SCHOOL WINTER BREAK	27
28	29 NO SCHOOL WINTER BREAK	30 NO SCHOOL WINTER BREAK	31 NO SCHOOL WINTER BREAK			

Henley Runners

January
2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 NO SCHOOL WINTER BREAK	2 NO SCHOOL WINTER BREAK	3
4	5 TURF ROOM 4:15 – 5:15	6 TURF ROOM 4:15 – 5:15	7 TURF ROOM 4:15 – 5:15	8 TURF ROOM 4:15 – 5:15	9	10
11	12 TURF ROOM 4:15 – 5:15	13 TURF ROOM 4:15 – 5:15	14 TURF ROOM 4:15 – 5:15	15 TURF ROOM 4:15 – 5:15	16 ST. CHRISTOPHER'S RICHMOND	17
18	19 NO SCHOOL	20 TURF ROOM 4:15 – 5:15	21 TURF ROOM 4:15 – 5:15	22 TURF ROOM 4:15 – 5:15	23	24
25	26 TURF ROOM 4:15 – 5:15	27 TURF ROOM 4:15 – 5:15	28 TURF ROOM 4:15 – 5:15	29 TURF ROOM 4:15 – 5:15	30	31 RTE 250 INVITATIONAL PENN LAIRD

Henley Runners

February
2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 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 LAST DAY OF INDOOR PRACTICE	13	14 ALBEMARLE 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	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 AMHERST INV	21 INDOOR NATIONALS (SELECT ATHLETES ONLY)
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	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 ALBEMARLE INV WAHS	16 TURF ROOM 4:15 – 5:15	17	18
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	2
3	4 TURF ROOM 4:15 – 5:15	5 TURF ROOM 4:15 – 5:15	6 GREG DAVIS MEM ALBEMARLE HS	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 HENLEY RELAY WAHS 9:00 AM
24	25 NO SCHOOL	26	27	28	29 LAST DAY OF SCHOOL	30
31						