

January 2023

December '22							February '23							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
				1	2	3					1	2	3	4
4	5	6	7	8	9	10	5	6	7	8	9	10	11	
11	12	13	14	15	16	17	12	13	14	15	16	17	18	
18	19	20	21	22	23	24	19	20	21	22	23	24	25	
25	26	27	28	29	30	31	26	27	28					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 No School	17 Conditioning 4:00-5:30pm	18	19 Conditioning 4:00-5:30pm	20	21
22	23 Conditioning 4:00-5:30pm	24 Conditioning 4:00-5:30pm	25	26 Conditioning 4:00-5:30pm	27	28
29	30 Conditioning 4:00-5:30pm	31 Conditioning 4:00-5:30pm	1	2 Conditioning 4:00-5:30pm	3	4
5	6	Notes Conditioning is NOT optional. All athletes are to participate unless they have problems with physical/FamilyID, or are participating in an ongoing winter sport.				

February 2023

January '23							March '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2 Conditioning 4:00-5:30pm	3	4 Arcadia Invite Arcadia High School
5	6 First Day of Practice 4:00-6:00pm	7 Practice 4:00-6:00pm	8 Practice 4:00-6:00pm	9 Practice 4:00-6:00pm	10	11
12	13 No School	14 No Practice Valentines Day	15	16 Practice 4:00-6:00pm	17	18
19	20 No School	21 Practice 4:00-6:00pm	22 Practice 4:00-6:00pm	23 Practice 4:00-6:00pm	24 All-City Track Meet Invitational Location: Tracy HS	25
26	27 Practice 4:00-6:00pm	28 Practice 4:00-6:00pm	1	2	3	4
5	6	Notes				

March 2023

February '23							April '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4						1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28					23	24	25	26	27	28	29
							30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1 Practice 4:00-6:00pm	2 Practice 4:00-6:00pm	3 Grape Games Location: Tokay HS No School	4 Sacramento State HS Inv. Location: Sac State
5	6 Practice 4:00-6:00pm	7 Practice 4:00-6:00pm	8 Practice 4:00-6:00pm	9 Practice 4:00-6:00pm	10 Grades due End of the quarter	11
12	13 Practice 4:00-6:00pm	14 Practice 4:00-6:00pm	15 Practice 4:00-6:00pm	16 Practice 4:00-6:00pm	17	18 Jaguar Invitational Location: KHS
19	20 Practice 4:00-6:00pm	21 Practice 4:00-6:00pm	22 Practice 4:00-6:00pm	23 Practice 4:00-6:00pm	24	25 Keep Home Track Clear Wellness walk
26	27 Practice 4:00-6:00pm	28 Practice 4:00-6:00pm	29 Practice 4:00-6:00pm	30 League Meet Opponent: Lincoln Location: LHS	31 Stanford Invitational Location: Stanford	1 Stanford Invitational Location: Stanford
2	3	Notes				

April 2023

March '23							May '23							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4			1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13	
12	13	14	15	16	17	18	14	15	16	17	18	19	20	
19	20	21	22	23	24	25	21	22	23	24	25	26	27	
26	27	28	29	30	31		28	29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Stanford Invitational Location: Stanford
2	3 Practice 4:00-6:00pm	4 Practice 4:00-6:00pm	5 Practice 4:00-6:00pm	6 League Meet Opponent: Tokay Location: THS (Home)	7 Spring Break	8
9	10 Spring Break	11 Spring Break	12 Spring Break	13 League Meet Opponent: St. Mary's Location: SMHS Spring Break	14 Spring Break	15 Potential new date for St. Mary's Meet
16	17 Practice 4:00-6:00pm	18 Practice 4:00-6:00pm	19 League Meet Opponent: Lodi Location: THS (Home) Senior Night	20	21	22
23	24 Practice 4:00-6:00pm	25 Practice 4:00-6:00pm	26 Practice 4:00-6:00pm	27 League Meet Opponent: West Location: WHS	28	29
30	1	Notes				

May 2023

April '23							June '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	
30													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Practice 4:00-6:00pm	2 Practice 4:00-6:00pm	3 TCAL Trials Location: TBD	4	5 TCAL Finals Location: TBD	6
7	8 Practice 4:00-6:00pm	9 Practice 4:00-6:00pm	10 Section Trials Location: Oak Ridge HS	11	12 Section Finals Location: Oak Ridge HS	13
14	15	16 Practice 4:00-6:00pm	17 Practice 4:00-6:00pm	18	19 Masters Trials Location: Davis HS	20 Masters Finals Location: Davis HS
21	22	23 Practice 4:00-6:00pm	24 Practice 4:00-6:00pm	25	26 State Meet Trials Location: Buchanan HS	27 State Meet Finals Location: Buchanan HS
28	29	30	31	1	2	3
4	5	Notes				