

## **2023 JAC Youth Spring Practice Dates and Times**

### **Long Distance Group**

<b>February</b>	7	Tuesday	6-7pm
	9	Thursday	6-7pm
	14	Tuesday	6-7pm
	16	Thursday	6-7pm
	21	Tuesday	6-7pm
	23	Thursday	6-7pm
	28	Tuesday	6-7pm

<b>March</b>	2	Thursday	6-7pm
	7	Tuesday	6-7pm
	9	Thursday	6-7pm
	11	Saturday	Track Meet, 9am
	14	Tuesday	6-7pm
	16	Thursday	6-7pm
	21	Tuesday	6-7pm
	23	Thursday	6-7pm
	28	Tuesday	6-7pm
	30	Thursday	6-7pm

<b>April</b>	4	Tuesday	6-7pm
	6	Thursday	6-7pm
	8	Saturday	Track Meet, 9am
	11	Tuesday	6-7pm
	13	Thursday	6-7pm
	18	Tuesday	6-7pm
	20	Thursday	6-7pm
	29	Saturday	Track Meet, 9am

