

2023 JAC Youth Spring Practice Dates and Times

Track and Field

February	6	Monday	6-7pm
	8	Wednesday	6-7pm
	13	Monday	6-7pm
	15	Wednesday	6-7pm
	20	Monday	6-7pm
	22	Wednesday	NO PRACTICE
	27	Monday	6-7pm

March	1	Wednesday	6-7pm
	6	Monday	6-7pm
	8	Wednesday	6-7pm
	11	Saturday	Track Meet, 9am
	13	Monday	6-7pm
	15	Wednesday	6-7pm
	20	Monday	6-7pm
	22	Wednesday	6-7pm
	27	Monday	6-7pm
	29	Wednesday	NO PRACTICE

April	3	Monday	6-7pm
	5	Wednesday	NO PRACTICE
	8	Saturday	Track Meet, 9am
	10	Monday	6-7pm
	12	Wednesday	6-7pm
	17	Monday	6-7pm
	19	Wednesday	NO PRACTICE
	24	Monday	6-7pm
	26	Wednesday	6-7pm
	29	Saturday	Track Meet, 9am

