

FCHS TRACK

FEBRUARY 2023



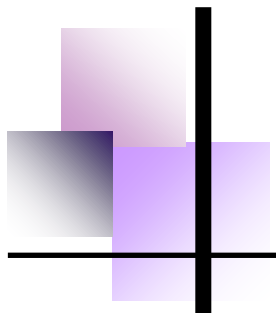
Fort Collins High School
3400 Lambkin Way
Fort Collins, CO 80525
Office: 488-8021

Jeff Brennan: Head Coach
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Cell Phone: 303-653-1631
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<http://www.lamkintrackandxc.co>

February Daily Practice
Time: 4:15-6:15



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Workout #10 4:15pm	3	4
5	6 Workout #11 4:15pm	7 Workout #12 4:15pm	8	9 Workout #13 4:15pm	10	11
12	13 Workout #14 4:15	14 Workout #15 4:15pm	15	16 Workout #16 4:15 pm	17 Track Athlete Mtg. @ 7:45am before school in PE1	18
19	20 <u>No School</u>	21 Track Camp 4:15pm *must have orange card to attend camp	22 Track Camp 4:15pm *must have or- ange card to at- tend camp	23 Track Camp 4:15pm *must have or- ange card to at- tend camp	24 Track Camp 4:15pm *must have or- ange card to at- tend camp	25
26	27 1st Official Practice 4:15pm Team Mtg. 5:45pm Orange Cards Due	28 Parent Meeting @ 6:15pm in the Commons SC @7:45am				



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MARCH 2023



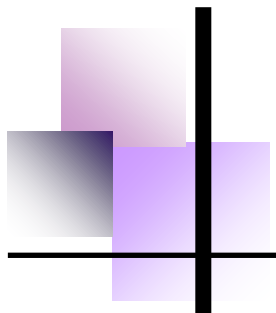
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March Daily Practice Will Begin
@4:15 (unless noted otherwise
on the calendar: 16th & 17th @
3:00pm)
Team Dinners on the 24th
& 31st.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Spike Night @ Altitude 6-8pm	2 Spike Night @ Runners Roost 6-8pm	3 Lambkin Team Challenge 4:15-6:00pm SC @7:45am	4
5	6 Lambkins Team Challenge 4:15-6:15pm SC @7:45am	7	8	9 Junior Varsity Meet @Fossil Ridge HS 3:00pm School Release: 1:30pm (Self Transport) Meet: 1:50pm SC @7:45am	10 Varsity Max Marr Invite @Berthoud HS 1:00pm School Release: 10:45am Bus Departure: 11:00am	11 Spring Break Begins
12	13 Spring Break Workouts on your own	14 Spring Break Workouts on your own	15 Spring Break Workouts on your own	16 Spring Break Prac- tice 3:00-4:30pm	17 Spring Break Prac- tice 3:00-4:30pm	18 Varsity Murry Kula Meet @Windsor HS 9:30am Bus Departure: 7:45am
19 Spring Break Ends	20	21	22 Junior Varsity Meet @Poudre HS 3:30pm School Release: 1:55pm (Self Transport) Meet: 2:20pm SC @7:45am	23 SC @7:45am	24 Practice will end @ 5:20pm Team Dinner @Case Park 5:30pm	25 Varsity Runners Roost of FTC Invite @French Field 8:30am (Self Transport) Meet: 7:20am
26	27	28 SC @7:45am	29 Junior Varsity Meet @Wellington MS/HS 3:30pm School Release: 1:45pm (Self Transport) Meet: 2:20pm	30 SC @7:45am	31 Practice will end @ 5:20pm Team Dinner @Case Park 5:30pm	



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APRIL 2023



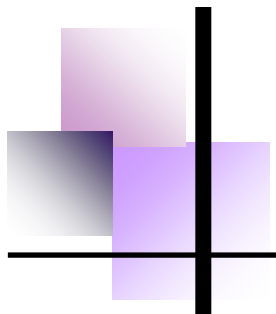
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April Daily Practice Will
Begin @4:15 (unless noted
otherwise on the calendar:
12th & 27th @ 7:00am)
Team Dinners on the 13th
& 28th.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <u>Varsity</u> Altitude Running Invite @Timnath MS/HS 8:30am (Self Transport) Meet: 7:20am
2	3	4 SC @7:45am	5 <u>Junior Varsity</u> Meet @Timnath MS/ HS 3:30pm School Release: 1:55pm (Self Transport) Meet: 2:20pm	6 Arcadia Athletes Fly to California (More Details to Come!) SC @7:45am	7 <u>Varsity</u> Meet for Qualifiers @Arcadia, CA	8 <u>Varsity</u> Meet for Qualifiers @Arcadia, CA <u>Varsity</u> Hawk Invite @Westminster, North Stadium 8:30am Bus Departure: 6:30am
9	10 SC @7:45am	11 <u>JV & Varsity</u> Randi Yaussi City Meet @French Field 2:00pm School Release: 12:30pm (Bus One Way) Bus Departure: 12:45pm	12 *MS Meet @3:30pm * Practice @7:00am SC @7:45am	13 Practice will end @ 5:20pm Team Dinner 5:30pm @Case Park	14 <u>Varsity</u> Pomona Invite @Jeffco Stadium 2:00pm School Release: 11:15am Bus Departure: 11:30am	15 <u>Varsity</u> Pomona Invite @Jeffco Stadium 9:00am Bus Departure: 6:40am
16	17	18	19 <u>Junior Varsity</u> Meet @Fort Collins HS 3:30pm School Release: 2:05pm Meet: 2:20pm	20	21 <u>No School</u> <u>Varsity</u> Huskie Twilight Meet @Echo Park Stadium in Parker 2:00pm Bus Departure: 11:15am	22
23/30	24	25	26 <u>Junior Varsity</u> Championships @French Field 2:00pm School Release: 12:30pm (Bus One Way) Bus Departure: 12:45pm	27 *MS Meet @ 3:30pm* Practice @7:00am	28 Practice will end @ 5:20pm Team Dinner 5:30pm @Case Park	29 <u>PROM</u> <u>Varsity</u> Stutler Bowl Twilight Meet @Stutler Bowl Sta- dium, Cherry Creek HS 1:00pm Bus Departure: 10:00am



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MAY 2023



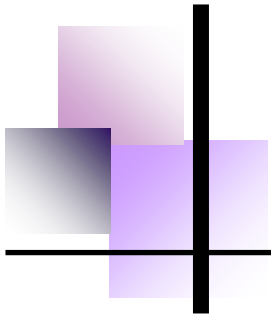
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May Daily Practice Will Begin
@4:15 (unless noted otherwise
on the calendar: 8th, 10th,
15th(3:00pm), 16th, & 17th @
7:00am)
Team Dinner on the 2nd.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 JV Uniform Check In after school @ 4:10pm	2 Practice will end @ 5:20pm Team Dinner 5:30pm @Case Park	3 <u>Varsity</u> Conference Championship Meet @Broomfield HS 3:00pm School Release: 11:45am Bus Departure: 12:00pm *MS Meet @ 3:30pm*	4	5 <u>Varsity</u> Conference Championship Meet @Broomfield HS 3:30pm School Release: 11:45am Bus Departure: 12:00pm	6 Conference Meet, poor weather make up day if needed!
7	8 Practice @7:00am Lamkin Award Night @6:15pm in McNeal	9	10 *MS Meet @ 3:30pm* Practice @7:00am	11	12 <u>Varsity</u> John Martin Invite @Fort Collins HS 2:00pm School Release: 12:30pm Meet: 12:50pm	13
14	<u>No School</u> 15 Practice @ 3:00pm	16 Practice @7:00am Uniform Check In after school @ 4:10pm for all Com-petitors that are not qualified for state!	17 *PSD MS Meet @ French Field 3:30pm* Practice @7:00am	18 <u>Varsity</u> State Track Meet @JeffCo Stadium Bus Departure: TBD	<u>GRADUATION</u> 19 <u>Varsity</u> State Track Meet @JeffCo Stadium Bus Departure: TBD	20 <u>Varsity</u> State Track Meet @JeffCo Stadium Bus Departure: TBD
21	22 Uniform Check In after school @ 4:10pm for all state qualifiers!	23 All Conference Pic- tures after school @ 4:00pm (Skillman Photography)	24 Track Awards Banquet Night @McNeal Audi- torium 6:30pm	25	26	27
28	29	30	31			



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JUNE 2018



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				