

FCHS TRACK



FEBRUARY 2019

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

Conrad Crist: Head Coach
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<http://www.lambkintrackandxc.com/>

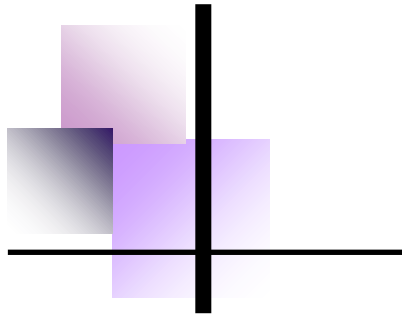
Office : 970 488-8035
 Cell Phone: 970-215-1899
 E-mail: ccrist@psdschools.org



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Track Athlete Meeting 3p after school In P100 Track Coaches Mtg 4p-5p	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Track Camp 3:10 *must have orange card to attend camp	19 Track Camp 3:10 *must have orange card to attend camp	20 Track Camp 3:10 *must have orange card to attend camp	21 Track Camp 3:10 *must have orange card to attend camp	22 Track Camp 3:10 *must have orange card to attend camp	23
24	25 1st Official Practice 3:10 Team Mtg. 5p	26	27 <u>Spring Sports Parent Night</u> <u>6:00p coaches mtg in Commons</u> <u>Parents 6:30p</u>	28 Spike Night at Altitude Running 5:30p-7:30p		

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MARCH 2019



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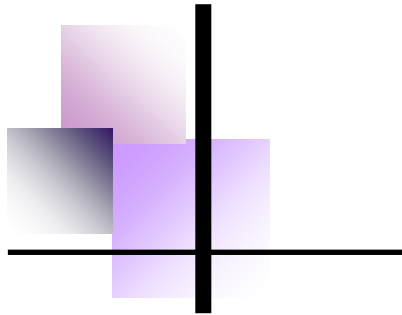
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Lambkin Team Challenge 3-6:30p	2
3	4	5	6	<u>JV</u> 7 FCHS JV Meet @FCHS 3:30p School Release: 2:00p Team Warmup 2:30p	8 Team Dinner @ Case Park 5p Cookie Dough Delivered	<u>Varsity</u> 9 Columbine Invite @JeffCo Stadium 8am Bus Leaves: 6:00a
10	11	<u>Varsity</u> 12 Fleet Spring Qualifier @ Littleton 4:30p School Release: 1:30p Bus Leaves: 1:45p	<u>JV</u> 13 Loveland JV Meet @ Loveland HS 3:30p School Release: 1:30p Bus Leaves: 1:45p	14	15	16
17	18 Spring Break Workouts on your own	19 Spring Break Workouts on your own	20 Spring Break Practice 9-10:30a	21 Spring Break Practice 9-10:30a	<u>Varsity</u> 22 <u>Runners Roost Invite</u> at French Field 12:30p School Release: 11:10a Bus Leaves: 11:20a Meet at French: 11:30p	23
24	25	26 Team Pictures *bring your uniform**	<u>JV</u> 27 Fossil JV Meet @ Fossil 3:30p School Release: 2:00p Bus Leaves: 2:15p	28	29 Team Dinner 5p @ Case Park Mr. FCHS	<u>Varsity</u> 30 <u>Altitude Running Invite</u> 8:30a @ French Field Meet at French: 7:30a

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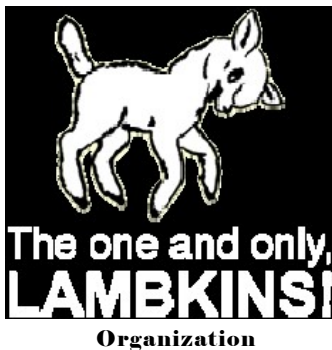
APRIL 2019



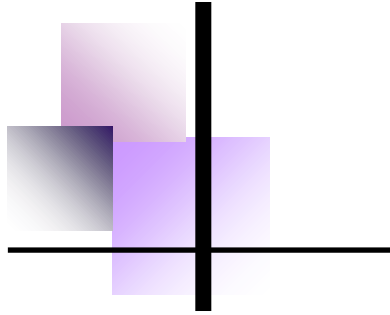
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	<u>JV</u> 3 Rocky JV @ French Field 3:30p School Release: 2:00p Bus Leaves: 2:15p	4 Arcadia Athletes Fly to California	<u>Varsity</u> 5 Arcadia Invite T J Twilight @ All City Stadium 1:30p School Release: 10:30a Bus Leaves: 10:45a	6 Arcadia Invite
7	8	<u>JV & Varsity</u> 9 Randi Yaussi T&F Champs @ French2p School Release:12:30p Bus Leaves: 12:45p Team Warmup: 1pm	10	11 Team Dinner 5p @ Case Park	<u>Varsity</u> 12 No School Pomona Invite @ Jeff CO Stadium 3p Bus Leaves: 12:30p	<u>Varsity</u> 13 Pomona Invite @ Jeff Co Stadium 9am Bus leaves: 6:40 am
14	15	16	17	<u>Varsity</u> 18 Legend Spring Qualifier @ Echo Park Stadium 2:15p School Release: 11:05a Bus Release: 11:15a	<u>JV</u> 19 Poudre JV Meet @ Poudre 3:30p School Release:1:55p Bus Leaves: 2:10p	20
21	22 **MS Meet at FCHS**	23	<u>JV</u> 24 Horizon JV Championships @ North Stadium 3pm School Release: 12:30p Bus Leaves: 12:45p	25 JV Uniform Check in after school 3:00p	<u>Varsity</u> 26 Stutler Bowl Twilight @ Stutler Bowl, 3:30p School Release:12:30p Bus Leaves:12:45p	27 PROM
28	29	30				



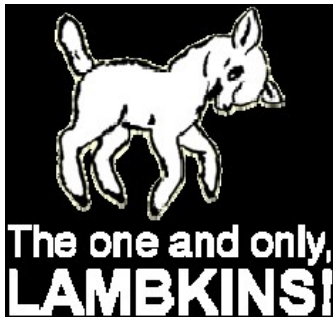
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<u>Varsity</u> 1 Conference Meet 4pm @ Dist. 6 Stad. School Release: 1:45p Bus leaves: 2:00p *MS Meet at FCHS*	2	<u>Varsity</u> 3 Conference Meet 4p @ Dist. 6 Stad. School Release: 1:45p Bus leaves: 2:00p	4 Conference Meet, poor weather make up day if needed
5	6 MS Meet at FCHS*	7	8	9	<u>Varsity</u> 10 John Martin Invite 2p @ FCHS School Release: 12:30p Team War-up: 1p	11
12	13 Uniform Check In for all competitors that are not quali- fied for state	14 MS Meet at FCHS*	15	<u>Varsity</u> 16 State Track @ Jeff Co Stadium Bus leaves: 5:45a	<u>Varsity</u> 17 State Track @ Jeff Co Stadium Bus Leaves: 7:00a	<u>Varsity</u> 18 State Track @ Jeff Co Stadium Bus Leaves: 5:45a
19	20 Uniform Check In for state athletes	21 All Conference Photos @ Skillman 4p PSD MS Track Champi- onships @ French	22 Track Awards Night @ 6:30p in McNeal	23	24	25 Graduation 1pm
26	27	28	29	30		