## January 2014

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY                     | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-------------------------------|----------|--------|----------|
|        |        |         | 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 Pre-Season Sign-Up Meeting | 30       | 31     |          |
|        |        |         |                               |          |        |          |

## February 2014

| SUNDAY | MONDAY  | TUESDAY        | WEDNESDAY          | THURSDAY            | FRIDAY          | SATURDAY |
|--------|---|----------------|--------------------|---------------------|-----------------|----------|
|        |   |                |                    |                     |                 | 1        |
| 2      | 3   | 4              | 5                  | 6                   | 7               | 8        |
| 9      | 10  | 11             | 12                 | 13                  | 14              | 15       |
| 16     | 17  | 18             | 19                 | 20                  | 21              | 22       |
| 23     | 24  1 <sup>st</sup> Day of Track Practice @ 3:50 Pool Workout | Practice @3:50 | 26<br>Pool Workout | 27 Practice at 3:50 | Practice @ 3:50 |          |
|        |   |                |                    |                     |                 |          |

#### March 2014

| SUNDAY | MONDAY   | TUESDAY   | WEDNESDAY                          | THURSDAY                                       | FRIDAY   | SATURDAY   |
|--------|--|---|------------------------------------|--|--|--|
|        |  |   |                                    |  |  | 1  |
| 2      | 3 Practice @ 3:50  | 4 Wartburg Indoor Varsity—Co-Ed @ 3pm Bus Time 12:30pm              | 5<br>Practice @ 3:50               | 6 Pool Workout Practice 3:50-5                 | 7<br>Practice 6:45am-<br>7:30am                | 8  |
| 9      | 10<br>Spring Break<br>Varsity @ UNI indoor<br>@ 3pm. Bus 10:45am | 11 Spring Break Pool Workout Time TBA                               | 12<br>Spring Break<br>Practice TBA | 13 Spring Break Possible OPTIONAL Practice TBA | 14 Spring Break Possible OPTIONAL Practice TBA | 15   |
| 16     | 17 ISU indoor at Ames Varsity @4pm Bus Time 1:15pm               | 18<br>Pool Workout  | 19<br>Practice @ 3:50              | 20<br>Practice @3:50                           | Practice @ 3:50                                | Luther Indoor @ Decorah @ 11am JV/Varsity. Bus 8am |
| 23     | 24<br>Practice   | 25 Waukee Quad  First outdoor meet  JV/Varsity @ 4:30  Bus Time 1pm | 26<br>Practice                     | 27<br>Practice                                 | 28<br>Practice                                 | 29   |
| 30     | 31<br>Practice   |   |                                    |  |  |  |

### April 2014

| SUNDAY | MONDAY  | TUESDAY  | WEDNESDAY                                     | THURSDAY  | FRIDAY   | SATURDAY  |
|--------|---|--|---|---|--|---|
|        |   | 1 Waverly Invite  JV/Varsity @ 5pm  Bus Time 2:45pm                        | 2<br>Practice                                 | 3 Waverly Co-Ed<br>Varsity Only @ 5pm<br>Bus Time 2:45pm                                  | 4<br>Practice  | 5   |
| 6      | 7 Practice Team Dinner TBA  | 8 Mohawk Quad JV/Varsity Home Meet @ 5pm. Be dressed, in stadium by 3:50pm | 9 Practice Community Service Backpack Buddies | 10<br>Practice  | 11 Leave for Jim Duncan right after school today.                            | 12 Jim Duncan<br>Varsity ONLY @ 8:30am<br>Drake Stadium |
| 13     | 14<br>Practice  | 15 Tiger Invite  JV/Varsity @ 4:45pm  Cedar Falls H.S.  Bus Time 2:30pm    | 16<br>Practice                                | 17 Dodger Invite  JV/Varsity @ 5pm  Fort Dodge  Bus Time 1:30pm                           | 18<br>Practice   | 19  |
| 20     | 21 Bobcat Invite  JV/Varsity @ 5pm  Marshalltown H.S.  Bus Time TBA | 22<br>Practice   | 23<br>Practice                                | 24 Waverly Co-Ed<br>9/10 @ 5pm<br>Waverly H.S.<br>Bus Time 2:45pm<br>DRAKE for Qualifiers | DRAKE RELAYS for<br>Qualifiers—TBD<br>Practice for non-Drake<br>athletes TBD | 26 DRAKE RELAYS Times TBA                               |
| 27     | 28<br>Practice  | 29<br>Practice   | 30<br>Practice<br>Team Dinner TBA             |   |  |   |
|        |   |  |   |   |  |   |

### May 2014

| SUNDAY                           | MONDAY                               | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|----------------------------------|--------------------------------------|---|---|---|--|--|
|                                  |                                      |   |   | 1 Old Big 8 Meet  | 2  | 3  |
|                                  |                                      |   |   | JV/Varsity @ 4:30<br>Mohawk Stadium<br>Ready by 3:45        | Practice   |  |
| 4                                | 5                                    | 6 Mohawk Relays                                     | 7   | 8 CIC Meet: Co-ED   | 9  | 10   |
|                                  | Practice                             | JV/Varsity @ 5pm<br>Mohawk Stadium<br>Ready by 3:50 | Practice  | Varsity Conf. Meet @<br>3:30pm @ Waukee<br>Bus Time 12:30pm | Practice *Uniform turn-in 1                          |  |
| 11                               | 12                                   | 13  | 14  | 15 REGIONALS  | 16   | 17   |
|                                  | Practice JV Conference Meet @ Ankeny | Practice  | Practice Team Dinner for Regional Athletes TBA                  | Varsity Regional Meet:<br>Co-Ed<br>Time, Place, Bus TBD     | Practice  **Uniform turn-in 2                        |  |
| 18                               | 19                                   | 20  | 21  | 22  | 23   | 24   |
|                                  | Practice                             | Practice  | Practice TBA Possibly Depart for State Co-Ed Meet in Des Moines | STATE CO-ED MEET Qualifiers ONLY Drake Stadium in DM        | STATE CO-ED MEET Qualifiers ONLY Drake Stadium in DM | STATE CO-ED MEET Qualifiers ONLY Drake Stadium in DM |
| 25                               | 26                                   | 27  | 28  | 29  | 30   | 31   |
| Track Banquet<br>5:30 @MCHS Gym  | Nothing                              | ***Uniform turn-in 3                                | Nothing—Season Over   | Nothing—Season Over   | Nothing—Season Over                                  |  |
| *Athletes not going to regionals | **Athletes not going to state        | ***Athletes who ran at state                        |   |   |  |  |

### June 2014

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY                                       |
|--------|--------|---------|-----------|----------|--------|--|
| 1      | 2      | 3       | 4         | 5        | 6      | 7  |
| 8      | 9      | 10      | 11        | 12       | 13     | 14<br>Senior All-Star Meet<br>Joliet, Illinois |
| 15     | 16     | 17      | 18        | 19       | 20     | 21   |
| 22     | 23     | 24      | 25        | 26       | 27     | 28   |
| 29     | 30     |         |           |          |        |  |
|        |        |         |           |          |        |  |

## July 2014

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        | 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        | 31       |        |          |
|        |        |         |           |          |        |          |

## August 2014

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           |          | 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       |
| 31     |        |         |           |          |        |          |

# September 2014

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        | 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      |           |          |        |          |
|        |        |         |           |          |        |          |

### October 2014

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         | 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       | 31     |          |
|        |        |         |           |          |        |          |

### November 2014

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           |          |        | 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     |        |         |           |          |        |          |

#### December 2014

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        | 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      | 31        |          |        |          |
|        |        |         |           |          |        |          |