

FMS Indoor Track Calendar February/March/April 2023

All Practices are from 2:35 to 3:45 in the FMS Large Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2/26 Last day of February Break	2/27 1st Day of Practice -running shoes, water bottle, and	2/28 Practice	3/1 Practice	3/2 Practice All heat sheets must be filled out. Know your events!	3/3 1st Meet 5pm, EXPO Bidderford, Falmouth, Poland, SMC/SJS, OOB	3/4 Enjoy your day! Stretching, yoga!!
3/5	3/6 Practice	3/7 Practice	3/8 Practice	3/9 Practice All heat sheets must be filled out. Know your events!	3/10 No School Meet EXPO 5pm, Cape Elizabeth, Falmouth, Noble, Yarmouth	3/11 Enjoy your day! Stretch, and yoga!!
3/12 Try to do some form of exercise today! Jog, ski, walk your dog.	3/13 Practice	3/14 Practice	3/15 No Practice Parent teacher conferences	3/16 Practice All heat sheets must be filled out. Know your events!	3/17 No Practice	3/18 Try to do some form of exercise today! Jog, ski, walk your dog.
3/19	3/20 Meet EXPO 5pm Falmouth, Scarborough, Saco, Greely	3/21 Practice	3/22 Practice	3/23 Practice All heat sheets must be filled out. Know your events!	3/24 No Practice	3/25 Meet EXPO 6:30pm Falmouth, Greely, Poland, Scarborough
3/26 Enjoy your day! Stretching, yoga!	3/27 Practice Festival Week!! Get Excited!! You got this!!!	3/28 What are your events at the Festival? Meet Sheets must be completed	3/29 Early Release No Practice	3/30 Practice	3/31 Girls Individual Festival Meet. 5pm	4/1 Boys Individual Festival Meet. 5pm

