

# Ridge Girls Spring Track & Field

## March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 1 <sup>st</sup> Practice 2:45 PM	5 Practice 9:00 AM
6	7 Practice 2:45 PM	8 Practice 2:45 PM	9 Practice 2:45 PM	10 Practice 2:45 PM	11 Practice 2:45 PM	12 Practice 9:00 AM
13	14 Practice 2:45 PM	15 Practice 2:45 PM	16 Practice 2:45 PM	17 Practice 2:45 PM	18 Practice 2:45 PM	19 <b>Scrimmage vs. Piscataway @ 9AM</b>
20 <b>Ridge Runners 5k @ Mountain Park 9AM</b>	21 Practice 2:45 PM	22 Practice 2:45 PM	23 Practice 2:45 PM	24 Practice 2:45 PM	25 NO SCHOOL Practice 9:00 AM	26 Practice 9:00 AM
27	28 Practice 2:45 PM	29 Practice 2:45 PM	30 Practice 2:45 PM	31 Practice 2:45 PM		

# Ridge Girl's Spring Track & Field

## April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Practice 2:45 PM	2 <b>Raider Relays @ Hillsborough 8:30 AM</b>
3	4 Practice 2:45 PM	5 <b>North Hunterdon/ Watchung Hills @ Watchung 3:45 PM</b>	6 Practice 2:45 PM	7 Practice 2:45 PM	8 Practice 2:45 PM	9 <b>Skyland Conf Relays @ Hunterdon Central 9 AM</b>
10	11 Practice 9 AM	12 <b>Bridgewater/ Franklin @Ridge 3:45 PM</b>	13 Practice 9 AM	14 Practice 9 AM	15 Practice 9 AM	16 <b>Somerset County Relays @Ridge 9:30 AM</b>
<b>Spring Recess</b>						
17	18 Practice 2:45 PM	19 <b>Hunterdon Central/ Montgomery @ HC Time TBA</b>	20 Practice 2:45 PM	21 Practice 2:45 PM	22 Practice 2:45 PM	23 <b>Invitational TBA</b>
24	25 Practice 2:45 PM	26 Practice 2:45 PM	27 Practice 2:45 PM	28 <b>Penn Relays or Practice 2:45 PM</b>	29 <b>Penn Relays or Practice 2:45 PM</b>	30 <b>Randolph Relays @ Randolph 9am</b>

# Ridge Girl's Spring Track & Field

# May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 2:45 PM	3 <b>Hillsborough/ Phillipsburg @Ridge 3:45PM</b>	4 Practice 2:45 PM	5 <b>Practice 2:45 PM or Ridge "Twilight 16" 6:30 PM</b>	6 Practice 2:45 PM	7 Practice 9:00 am
8	9 Practice 2:45 PM	10 <b>Skyland Conference Championships @Hillsborough 2PM</b>	11 Practice 2:45 PM	12 Practice 2:45 PM	13 <b>Ridge Novice Invitational @ Ridge 4PM</b>	14 Practice 9:00 AM
15	16 Practice 2:45 PM	17 <b>Somerset County Championships @ Hillsborough 3PM</b>	18 Practice 2:45 PM	19 Practice 2:45 PM	20 Practice 2:45 PM	28 <b>Skyland Girl's Frosh / Soph @Ridge 9 AM</b>
22 <b>East Coast Relays Practice Time TBA</b>	23 <b>East Coast Relays @ Randolph 3:30PM</b>	24 Practice 2:45 PM	25 Practice 2:45 PM	26 Practice 2:45 PM	27 <i>No School</i> <b>State Sectional @ Ridge 4PM All Must Attend!</b>	28 <b>State Sectional @ Ridge 10:00 AM All Must Attend!</b>
29	30 <b>NO School</b> Practice TBA	31 Practice 2:45 PM Or <b>Ridge "Twilight 32" 6:30 PM</b>				

# Ridge Girl's Spring Track & Field

## June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Practice 2:45	<b>2</b> Practice 2:45	<b>3</b> <b>Group 4 State Championship @Egg Harbor 3PM</b>	<b>4</b> <b>Group 4 State Championship @Egg Harbor 11AM</b>
<b>5</b>	<b>6</b> Practice 2:45	<b>7</b> Practice 2:45	<b>8</b> <b>NJ Meet of Champions @ Central Regional Time TBA</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> <b>New Balance Outdoor Nationals, NC</b>	<b>18</b> <b>New Balance Outdoor Nationals, NC</b>
<b>19</b> <b>New Balance Outdoor Nationals, NC</b>	<b>20</b> <b>RHS Graduation</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		