

Ridge Winter Track & Field

NOV/DEC 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	November 27 1 st Day of Practice 2:45 PM	28 Practice 2:45 PM	29 Practice 2:45 PM	30 TRY OUTS Practice 2:45 PM	Dec 1 Practice 2:45 PM	2 Practice 9:00AM
3	4 Practice 2:45 PM	5 Practice 2:45 PM	6 Practice 2:45 PM	7 Practice 2:45 PM	8 Practice 2:45 PM	9 Practice 9:00AM
10	11 Practice 2:45 PM	12 Practice 2:45 PM	13 Practice 2:45 PM	14 Practice 2:45 PM	15 Practice 2:45 PM	16 Practice 9:00 AM
17	18 DeSchrive Inv @ Drew 4pm OR Practice 2:45 PM	19 Practice 2:45 PM	20 Gardiner Relays @ Ocean Breeze OR Practice 2:45 PM	21 Practice 2:45 PM	22 Passarelli Inv @ Drew 4pm OR Practice 12:15 PM	23 Optional Practice 9AM
24 **Winter Break**	25 **Winter Break** Merry Christmas!	26 **Winter Break** Practice 12pm	27 **Winter Break** Practice 9am	28 **Winter Break** Somerset County Championship @ Lehigh Univ. 10am	29 **Winter Break** Practice 9am	30 **Winter Break** Pietrewicz Inv @ NY Armory OR Practice 9:00AM

Ridge Winter Track & Field

JANUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 **Winter Break**	1 **Winter Break** Happy New Year! No School	2 Back to School! Practice 2:45 PM	3 Practice 2:45 PM	4 Practice 2:45 PM	5 Practice 2:45 PM	6 Frosh/Soph Relays @ Drew OR Practice OR Ocean Breeze Freedom Games
7	8 Practice 2:45 PM	9 Back Inv @ Drew 4:30 PM OR Practice 2:45 PM	10 Practice 2:45 PM	11 Valentine Inv @ Drew 4:30PM OR Practice 2:45 PM	12 Practice 2:45 PM	13 Molloy Stanner Games OR Practice 9AM
14	15 No School MLK DAY Practice 9am	16 Practice 2:45 PM	17 Early Dismissal Practice 2:45 OR Frosh/Novice @ NY Armory 4:30pm	18 Practice 2:45 PM	19 Boys State Gr 4 Relays @ Toms River 4pm OR Practice 2:45pm	20 Practice 9 AM
21	22 HC PV/Shot Meet OR Practice 2:45 PM	23 Practice 2:45 PM	24 Practice 2:45 PM	25 Practice 2:45 PM	26 Practice 2:45 PM	27 Practice 9 AM
28 Skyland Conference @ Lehigh 9AM OR OFF	29 Practice 2:45 PM	30 Practice 2:45 AM	31 Metro Inv @ Armory OR Practice 2:45 PM			

Ridge Winter Track & Field

FEBRUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice 2:45 PM	2 Practice 2:45 PM	3 Practice 9:00 am
4	5 Varsity Classic @ NY Armory 5:00 PM OR Practice 3:45	6 Practice 2:45 PM	7 Practice 2:45 PM	8 Practice 2:45 PM	9 North 2 Gr 4 State Section @ Bennett Center 3:45 PM OR OFF	10 Practice 9:00 AM
11	12 Practice 2:45 PM	13 Practice 2:45 PM	14 Practice 2:45 PM	15 Practice 2:45 PM	16 Practice 2:45 PM	17 Group 4 State Championship @ Bennett Center OR OFF
18	19 No School Practice 9am	20 No School Easterns @ Armory	21 Practice 2:45 PM	22 Practice 2:45 PM	23 Practice 2:45 PM	24 Practice 9 AM
25 Meet of Champions @ Bennett Center 10am	26	27	28	PRACTICE FOR THOSE COMPETING AT NATIONALS WILL BE ANNOUNCED		

Ridge Winter Track & Field

MARCH 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice 2:45	2 1 st Practice Spring Track 2:45 PM	3
4	5	6	7	8	9 INDOOR NATIONALS TBA	10

Transportation: Please note that for meets at Drew University transportation will **not** be provided. Drew is located in Madison approximately 15-20 minutes from Ridge High School. This allows us to save money that is in turn used for entry fees for our teams. This also allows the athlete's to be at the meets for significantly shorter periods of time. At the Drew meets the coach will provide an arrival time for each athlete well in advance of their anticipated competition time. Athlete's can then leave Drew **after their event and a proper cool-down is completed and they check out with a coach.**

Transportation will be provided for all other meets.

This schedule will be updated with further information as needed on our team website: www.njridgerunners.com

1/10/18