

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 3	Run on	your own	or with friends!	Mon - Fri	30 min each day	Sat = 40 min
June 10	Run on	your own	or with friends!	Mon - Fri	30 min each day	Sat = 40 min
June 17	Run on	your own	or with friends!	Mon - Fri	30 min each day	Sat = 45 min
June 24	Run on	your own	or with friends!	Mon - Fri	30 min each day	Sat = 45 min
July 1	2 ROYO - 30 min	3 ROYO - 30 min	4 Independence Day ROYO - 30 min	5 Practice 7:00-9:00	6 Practice 7:00-9:00	7 Varsity Practice 8:00-10:00
July 8	9 Practice 7:00-9:00	10 Practice 7:00-9:00	11 Practice 7:00-9:00	12 Practice 7:00-9:00	13 Practice 7:00-9:00	14 Varsity Practice 8:00-10:00
July 15	16 Practice 7:00-9:00	17 Practice 7:00-9:00	18 Practice 7:00-9:00	19 Practice 7:00-9:00	20 Practice 7:00-9:00	21 Varsity Practice 8:00-10:00
July 22	23 Practice 7:00-9:00	24 Practice 7:00-9:00	25 Practice 7:00-9:00	26 Practice 7:00-9:00	27 Practice 7:00-9:00	28 Varsity Practice 8:00-10:00
July 29	30 Mammoth Camp	31 Mammoth Camp	1 Mammoth Camp	2 Mammoth Camp	3 Mammoth Camp	4 Mammoth Camp
Aug 5	6 Practice 3:00-5:30	7 Practice 3:00-5:00	8 Practice 3:00-5:00	9 Practice 3:00-5:00	10 Practice 3:00-5:00	11 Varsity Practice 8:00-10:00
Aug 12	13 Practice 3:00-5:30	14 Practice 3:00-5:00	15 Practice 3:00-5:00	16 Practice 3:00-5:00	17 Practice 3:00-5:00	18 Varsity Practice 8:00-10:00
Aug 19	20 Practice 3:00-5:30	21 Practice 3:00-5:00	22 Practice 3:00-5:00	23 Practice 3:00-5:00	24 Practice 3:00-5:00	25 Varsity Practice 8:00-10:00
Aug 26	27 Practice 3:00-5:30	28 Practice 3:00-5:00	29 Practice 3:00-5:00	30 Practice 3:00-5:00	31 Practice 3:00-5:00	1 Varsity Practice 8:00-10:00
Sep 2	3 Labor Day ROYO	4 Practice 3:00-5:00	5 Practice 3:00-5:00	6 Practice 3:00-5:00	7 Rosemead Invitational	8

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 9	10 Practice 3:00-5:30	11 Practice 3:00-5:00	12 Practice 3:00-5:00	13 Heritage AWAY	14 Practice 3:00-5:00 Harvest Festival	15 Varsity Practice 8:00-10:00
Sep 16	17 Practice 3:00-5:30	18 Practice 3:00-5:00	19 Practice 3:00-5:00	20 Practice 3:00-5:00	21 Practice 3:00-5:00 Homecoming	22 Varsity Practice 8:00-10:00
Sep 23	24 Practice 3:00-5:30	25 Practice 3:00-5:00	26 Practice 3:00-5:00	27 Whittier HOME	28 Practice 3:00-5:00	29 Varsity Practice 8:00-10:00
Sep 30	1 Practice 3:00-5:30	2 Practice 3:00-5:00	3 Practice 3:00-5:00	4 Practice 3:00-5:00	5 Practice 3:00-5:00	6 Varsity Practice 8:00-10:00
Oct 7	8 Practice 3:00-5:30	9 Practice 3:00-5:00	10 Practice 3:00-5:00	11 Practice 3:00-5:00	12 Practice 3:00-5:00	13 Varsity Practice 8:00-10:00
Oct 14	15 Practice 3:00-5:30	16 Practice 3:00-5:00	17 Practice 3:00-5:00	18 Practice 3:00-5:00	19 Mt SAC Invitational	20
Oct 21	22 Practice 3:00-5:30	23 Practice 3:00-5:00	24 Practice 3:00-5:00	25 Maranatha AWAY	26 Practice 3:00-5:00	27 Varsity Practice 8:00-10:00
Oct 28	29 Practice 3:00-5:30	30 Practice 3:00-5:00	31 Practice 3:00-5:00	1 League Finals	2	3 Varsity Practice 8:00-10:00
Nov 4	5 Varsity Practice 3:00-5:00	6 Varsity Practice 3:00-5:00	7 Varsity Practice 3:00-5:00	8 Varsity Practice 3:00-5:00	9 Varsity Practice 3:00-5:00	10 CIF Prelims
Nov 11	12 Varsity Practice 3:00-5:00	13 Varsity Practice 3:00-5:00	14 Varsity Practice 3:00-5:00	15 Varsity Practice 3:00-5:00	16 Varsity Practice 3:00-5:00	17 CIF Finals
Nov 18	19 Varsity Practice 8:00-10:00	20 Varsity Practice 8:00-10:00	21 Varsity Practice 8:00-10:00	22 THANKS GIVING	23 Travel	24 State Meet