

May 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRACTICE LOCATIONS: MTES - Mendham Township Elementary School MTMS – Mendham Township Middle School Mendham - West Morris Mendham Regional High School Central - West Morris Central Regional High School					1 Home LACROSSE 6:00 Clinic Meet @ Roxbury Arrive 5:30 6:45-7:45 9 & 10's Practice Mendham - Field Events 6:45-7:45 11 & Up Practice Distance - Field Events Sprinters - Track Workout Mendham - at Concession	2
3 1:00 Lakeland League Meet 9 & Up @ Mendham vs. Randolph Arrive wearing black t-shirt: Team Photo 8 & unders 11:00 Mendham 9 & 10s 11:20 11 & 12s 11:40 13 & 15s 12:00	4 5:30-6:30 Clinic Practice MTES Soccer Field 6:45-7:45 9 & 10's Practice Mendham - at Concession 6:45-7:45 11 & Up Practice Distance & Sprinters Mendham - top of hill behind Concession	5 5:30-6:30 9 & 10's Practice MTES - Soccer Field 6:45-7:45 11 & Up Practice Distance-Track; Sprinters-Field Mendham - at Concession 6:45-7:45 9 & Up Practice Shot Put-8 & Up Long Jump Mendham	6 5:45-6:45 Clinic Practice Central - Track 6:45-7:45 11 & Up Practice Sprinters - Track Workout Mendham - at Concession	7 5:30-6:30 9 & 10's Practice MTES - Soccer Field 6:45-7:45 11 & Up Practice Distance - Track Workout Mendham - at Concession	8 6:00 Clinic Meet @ Randolph Arrive 5:30 6:45-7:45 9 & 10's Practice Mendham - Field Events 6:45-7:45 11 & Up Practice Distance - Field Events Sprinters - Track Workout Mendham - at Concession	9 10:00 Lakeland League 9 & Up @ Hopatcong Arrive 9:15
10	11 5:30-6:30 Clinic Practice MTES Soccer Field 6:45-7:45 9 & 10's Practice Mendham - at Concession 6:45-7:45 11 & Up Practice Distance & Sprinters Mendham - top of hill behind Concession	12 5:30-6:30 9 & 10's Practice MTES - Soccer Field 6:45-7:45 11 & Up Practice Distance-Track; Sprinters-Field Mendham - at Concession 6:45-7:45 9 & Up Practice Shot Put-8 & Up Long Jump Mendham	13 6:00 Clinic Meet @ Long Valley Arrive 5:30 Central 6:45-7:45 11 & Up Practice Sprinters - Track Workout Mendham - at Concession	14 5:30-6:30 9 & 10's Practice MTES - Soccer Field 6:45-7:45 11 & Up Practice Distance - Track Workout Mendham - at Concession	15 5:30 Lakeland League Invitational Relay Meet 9 & Up @ Hopatcong Arrive 4:30 PRACTICE CANCELED COME CHEER FOR THE RELAY TEAMS	16
17 1:00 Lakeland League Meet 9 & Up @ Mendham vs. Rockaway Boro & Parsippany Arrive at 12:15	18 5:30-6:30 Clinic Practice MTES Soccer Field 6:45-7:45 9 & 10's Practice Mendham - at Concession 6:45-7:45 11 & Up Practice Distance & Sprinters Mendham - top of hill behind Concession	19 5:30-6:30 9 & 10's Practice MTES - Soccer Field 6:45-7:45 11 & Up Practice Distance-Track; Sprinters-Field Mendham - at Concession 6:45-7:45 9 & Up Practice Shot Put-8 & Up Long Jump Mendham	20 5:45-6:45 Clinic Practice Central - Track 6:45-7:45 11 & Up Practice Sprinters - Track Workout Mendham - at Concession Rain Date: 5/15 Relay Meet	21 5:30-6:30 9 & 10's Practice MTES - Soccer Field 6:45-7:45 11 & Up Practice Distance - Track Workout Mendham - at Concession	22 6:00 Clinic Meet @ Roxbury Arrive 5:30 – Relay Meet 6:45-7:45 9 & 10's Practice Mendham - Field Events 6:45-7:45 11 & Up Practice Distance - Field Events Sprinters - Track Workout Mendham - at Concession	23
24 10:00 – 11:30 Shotgun Practice – ONLY	25 Happy Memorial Day – ENJOY A DAY OFF!!!	26 4:45/5:30 Lakeland Tri/Pent. Invitational @ Randolph 5:30-6:30 9 & 10's Practice MTES - Soccer Field 6:45-7:45 11 & Up Practice Distance-Track Mendham 6:45-7:45 9 & Up Practice Shot Put-8 & Up Long Jump Mendham	27 5:45-6:45 Clinic Practice Central - Track 6:45-7:45 11 & Up Practice Sprinters - Track Workout Mendham 4:45/5:30 Lakeland Tri/Pent. Invitational @ Randolph – Rain Date	28 5:30-6:30 9 & 10's Practice MTES - Soccer Field 6:45-7:45 11 & Up Practice Distance - Track Workout Mendham 6:45-7:45 8 & Up Long Jump Mendham	29 6:00 Clinic Ribbon Meet @ Roxbury Arrive 5:30 5:15/6:00 Lakeland Open Meet 9 & Up @ Mount Olive 6:00-7:00 9 & Up Championship Practice Mendham – NO FIELD EVENTS - Distance and Sprinters Running Events Mendham	30 Rain Date: 5/29 Open Meet 10:00 Arrive 9:15 9:30-10:30 9 & Up Practice Sprinters-Track Mendham 10:00 -11:00 Shot Put Practice for Championship Meet

June 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6:45-7:45 9 & Up Practice Championship team only Mendham SPRINTERS ONLY	2 6:45-7:45 9 & Up Practice Championship team only Mendham DISTANCE ONLY FIELD EVENT PRACTICE FOR ALL	3 6:45-7:45 9 & Up Practice Championship team only Mendham SPRINTERS ONLY	4 6:45-7:45 9 & Up Practice Championship team only Mendham DISTANCE ONLY FIELD EVENT PRACTICE FOR ALL	5 NO PRACTICE 6:30 to 7:45 Pasta Dinner Championship Team – Hilltop Elementary School Café - Mendham	6 8:00/10:00 Invitational Lakeland League Championship Meet 9 & Up @ Randolph 8:00 – Field events begin Arrive 7:15 10:00 – Running events begin Arrive 9:15
7 Rain date: Championship Meet (same time)	8 4:00-7:00 Team Banquet Mendham Health & Racquet Club	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

