

Track and Field- July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4 Independence Day
5	6 First Training	7	8 Training	9	10	11
12	13 Training	14	15 Training	16	17	18
19	20 Training	21	22 Training	23	24	25
26	27 Training	28	29 Training	30	31	1

Track and Field- August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 Training	4	5 Final Training	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5