|  |
| --- |
| June |
| 2019 |
| Subtitle |

|  |  |
| --- | --- |
| I AM Elite Track & Field  Things will be, updated if anything changes happens. | Photo of a toucan in a green forest |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  | Training 6-8pm | Training 6-8pm | Training 6-8pm | Training 6-8pm |  |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | Training 6-8pm | Training 6-8pm | Training 6-8pm | Training 6-8pm |  | USATF Meet optional |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| USATF Meet optional | Training 6-8pm | Training 6-8pm | Training 6-8pm | Training 6-8pm |  | AAU Track Meet Prelims Sprints,  Long jump |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| AAU Track Meet Finals Sprints, Triple Jump | Training 6-8pm | Training 6-8pm | Training 6-8pm | Training 6-8pm |  | AAU Track Meet Prelims Sprints,  Long jump |
| 30 |  |  |  |  |  |  |
| AAU Track Meet Finals Sprints, Triple Jump |  |  |  |  |  |  |

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