

2010 COLLEGE PREP T&F SCHEDULE

WHEN	WHAT	WHERE	WHEN
Mon Feb 2	1 st day of practice		
Tues Feb 10	Merritt practice 5:00-6:30		
Tues Feb 17	Merritt practice 5:00-6:30		
Fri Feb 20	Intrasquad Relay meet	College of Alameda	3:30-5:30
Tues Feb 24	Merritt practice 5:00-6:30		
Fri Feb 27	Alameda practice 3:30-5:30		
Sat Feb 28	Super Seven Invite	Diablo Valley College, Pleasant Hill	8:30
Tues March 3	Merritt practice 5:00-6:30		
Thur March 5	BAC Meet #1 (UHS/LW host)	San Francisco State University	1:00
Tues March 10	Merritt practice 5:00-6:30		
Fri March 13	Alameda practice 3:30-5:30		
Sat March 14	Twilight Relays	San Rafael H.S., San Rafael	5:00
Tues March 17	Merritt practice 5:00-6:30		
Sat March 21	BAC Meet #2 (MA Host)	Redwood H.S., Larkspur	9:00
Tues March 24	Merritt practice 5:00-6:30		
Fri/Sat March 27/28	Stanford Invitational***	Stanford	TBA

Monday, March 30 – Friday, April 3 Intraterm

Tues April 7	practice at Dwight Derby track 10:00-noon		
Fri April 10	practice at Dwight Derby track 10:00-noon		
Tues April 14	Merritt practice 5:00-6:30		
Fri April 17	Alameda practice 3:30-5:30		
Tues April 21	BAC Meet #3 (RC/CCS/FC host)	Chabot College, Hayward	2:00
Fri April 24	Alameda practice 3:30-5:30		
Tues April 28	Merritt practice 5:00-6:30		
Fri May 1	Intrasquad meet 3:30-5:30	College of Alameda	3:45-5:30
Tues May 5	Merritt practice 5:00-6:30		
Fri May 8	Alameda practice 3:30-5:30		
Tues May 12	Merritt practice 5:00-6:30		
Sat May 16	BAC Championships (CP/Urban host)	Diablo Valley College, Pleasant Hill	9:00
Tues May 19	Merritt practice 5:00-6:30		
Sat May 23	NCS Class A Championships	Montgomery H.S., Santa Rosa	TBA
Tues May 26	Merritt practice 5:00-6:30		
Fri/Sat May 29/30	NCS Meet of Champions	U.C. Berkeley, Berkeley	TBA
Fri/Sat June 5/6	California State Championships	Cerritos College, So Cal	TBA

***Must meet qualifying marks to enter

Coaches: Jack Coakley, Kat Saxton, Kevin Williams

February 2, 2009 version