

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 <b>MAY</b>	25 <b>Memorial Day</b>	26 <b>6:30-7:15pm:</b> 9&10 <b>7:15-8pm:</b> 11& O	27 <b>6:30-7:15pm:</b> 7&8 <b>7:15-8pm</b> 11& O	28 <b>6-7:15pm:</b> 9&10 <b>7:15-8pm:</b> 11&O	29 <b>6:30-7:15 pm:</b> 7&8 <b>7:15-8pm</b> 11&O	30
31	1 June <b>6:30-7 pm:</b> 6&U New 7&8 <b>7-8 pm:</b> 11& O	2 <b>6:30-7:15pm:</b> 7&8 <b>7:15-8pm</b> 9&10	3 <b>6:30-7 pm:</b> 6&U New 7&8 <b>7-8 pm:</b> 11&O	4 <b>6:30-7:15 pm:</b> 7&8 <b>7:15-8 pm:</b> 9&10	5 <b>6:30-7 pm:</b> 6&U New 7&8 <b>7-8 pm:</b> 9 & O	6
7	8 <b>6:30-7:15pm:</b> 7-8 <b>7:15-8pm</b> 9&10	9 <b>6:30-7 pm:</b> 6&U New 7&8 <b>7-8 pm:</b> 11&O	10 <b>6:30-7:15pm:</b> 7&8 <b>7:15-8pm</b> 9&10	11 <b>6:30-7 pm:</b> 6&U New 7&8 <b>7-8 pm:</b> 11& O	12 <b>6:30-7:15pm:</b> 7&8 <b>7:15-8pm</b> 9&O	13 Time Trials 8AM
14	<b>15</b> <b>6:30-7 pm:</b> 6&U New 7&8 <b>7-8 pm:</b> 11& O	<b>16</b> <b>6:30-7:15pm:</b> 7&8 <b>7:15-8pm</b> 9&O	<b>17</b> <b>6:30-7:15pm:</b> 7&8 <b>7:15-8pm</b> 9&O	<b>18</b> <b>6:30-7:15pm:</b> 7&8 <b>7:15-8pm</b> 9&O	<b>19</b> <b>6:30-7:15pm:</b> 7&8 <b>7:15-8pm</b> 9&O	<b>20</b> <b>Meet Home vs Potomac Station</b>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 JUNE	22 9-9:45 am: 6&U 9-10 am: 9&10 10-10:45am: 7&8 10-11 am: 11&O 6:45- 7:30pm: 8&U 7:30- 8:30pm: 9&O	23 9-9:45 am: 6&U 9-10 am: 9&10 10-10:45am: 7&8 10-11 am: 11&O 6:45- 7:30pm: 8&U 7:30- 8:30pm: 9&O	24 10-11 am: 9&O ONLY Starts & Turns  Meet Away Vs Lenah Run	25 9-9:45 am: 6&U 9-10 am: 9-10 10-10:45am: 7&8 10-11 am: 11&O 6:45- 7:30pm: 8&U 7:30- 8:30pm: 9&O	26 9-9:45 am: 6&U 9-10 am: 9&10 10-10:45am: 7&8 10-11 am: 11&O	27  Meet Home vs. Lifetime Fitness
28	29 9-9:45 am: 6&U 9-10 am: 9&10 10-10:45am: 7&8 10-11 am: 11&O 6:45- 7:30pm: 8&U 7:30- 8:30pm: 9&O	30 9-9:45 am: 6&U 9-10 am: 9&10 10-10:45am: 7-8 10-11 am: 11&O 6:45- 7:30pm: 8&U 7:30- 8:30:9&O	1 July 10-11 am: 9 &O ONLY Starts & Turns  Meet Home vs. Red Rocks	2 9-9:45 am: 6&U 9-10 am: 9&10 10-10:45am: 7&8 10-11 am: 11&O 6:45- 7:30pm: 8&U 7:30- 8:30pm: 9&O	3	4 NO MEET
5	6 9-9:45 am: 6&U 9-10 am: 9&10 10-10:45am: 7&8 10-11 am: 11&O 6:45- 7:30pm: 8&U 7:30-8:30: 9&O	7 9-9:45 am: 6&U 9-10 am: 9&10 10-10:45am: 7&8 10-11 am: 11&O 6:45- 7:30pm: 8&U 7:30-8:30: 9&O	8 10-11 am 9&O Only Starts &Turns  Meet Away vs Brambleton	9 9-9:45 am: 6&U 9-10 am: 9&10 10-10:45am: 7&8 10-11 am: 11&O 6:45- 7:30pm: 8&U 7:30-8:30: 9&O	10 9-9:45 am: 6&U 9-10 am: 9&10 10-10:45am: 7&8 10-11 am: 11&O	11  Meet Away vs. Belmont Country Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 JULY	<b>13</b> <b>9-9:45 am:</b> 6&U <b>9-10 am:</b> 9&10 <b>10-10:45am:</b> 7&8 <b>10-11 am:</b> 11&O <b>6:45-</b> <b>7:30pm:</b> 8&U <b>7:30-</b> <b>8:30pm:</b> 9&O	<b>14</b> <b>9-9:45 am:</b> 6&U <b>9-10 am:</b> 9&10 <b>10-10:45am:</b> 7&8 <b>10-11 am:</b> 11&O <b>6:45-</b> <b>7:30pm:</b> 8&U <b>7:30-</b> <b>8:30pm:</b> 9&O	<b>15</b> <b>10-11 am:</b> 9 &O ONLY Starts & Turns  Meet Home vs. Broadlands	<b>16</b> <b>9-9:45 am:</b> 6&U <b>9-10 am:</b> 9&10 <b>10-10:45am:</b> 7&8 <b>10-11 am:</b> 11&O <b>6:45-</b> <b>7:30pm:</b> 8&U <b>7:30-</b> <b>8:30pm:</b> 9&O	<b>17</b> <b>9-9:45 am:</b> 6&U <b>9-10 am:</b> 9&10 <b>10-10:45am:</b> 7&8 <b>10-11 am:</b> 11&O	<b>18</b> Divisional Meet
19 Practice for All Star Qualifiers Only	<b>20</b> 10-11 AM: All age groups  7-8 PM: All age groups	<b>21</b> 10-11 AM: All age groups  7-8 PM: All age groups	<b>22</b> 10-11 AM: All age groups  7-8 PM: All age groups	<b>23</b> 10-11 AM: All age groups  7-8 PM: All age groups	<b>24</b> 10-11 AM: All age groups	<b>25</b> ALL STAR CHAMPION -SHIP MEET