



# LOCKPORT LIONS INDOOR TRACK 2019-2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KEY: S- Sprinter D- Distance J- Jumpers T- Throwers H- Hurdles PV- Pole Vault	LHS- Lockport High EB-Emmet Belknap KC- Kenan Center FSC- Fredonia HC- Houghton BSC- Buff. State LFH- Lancaster				11/1	11/2 Sports Physicals
*All practice times are subject to change	11/4	11/5 No School Superintendent Day	11/6	11/7 Track Meeting 2:20pm in Rm 230	11/8	11/9
	11/11 No School Veterans Day	11/12	11/13	11/14	11/15	11/16 XC State Meet
	11/18 <b>GIRLS ONLY</b> *BRING PAPERWORK @LHS 3:00-4:00  Cross Country Banquet 5pm @ LHS 170	11/19 <b>BOYS ONLY</b> *BRING PAPERWORK @LHS 3:00-4:00	11/20 Throws/PV: LHS 3-430 SP/Jumps (testing) -LHS 3-430 Hurdles-LHS 2:20-3 Distance-LHS 3-5pm	11/21 Throws/PV: LHS 3-430 Sprints-LHS 3-4:15 Jumps - LHS 4:15-5 Distance-238 3-5	11/22 <b>ALL PAPERWORK DUE!!!!!!</b> Whole Team @ LHS 3-4:30pm SP/Jumps - 3-4:15 Hurdles-LHS 2:20-3	11/23 No Practice
	11/25 Throws/ PV: LHS 3-430 SP/JumpsLHS 3-430 Distance-LHS 3-5	11/26 Throws/ PV: LHS 3-430 SP/Jumps LHS 3-430 Distance-LHS 3-5	11/27 No Practice <b>Distance-LHS 8-10-optional practice**</b>	11/28 Thanksgiving No Practice	11/29 No Practice	11/30 No Practice NXR - New York



# LOCKPORT LIONS INDOOR TRACK 2019-2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12/2 Throws/PV: LHS 230-4 SP/Jumps LHS 3-430 Hurdles-LHS 2:20-3 Distance-LHS 3-5	12/3 Throws/PV: KC 3-430 SP/Jumps: LHS 3-430 Distance-LHS 3-5	12/4 Throws/PV: LHS 3-430 SP/Jumps: LHS 3-415 Hurdles-LHS 2:20-3 Distance-LHS 3-5	12/5 Throws/PV: KC 3-430 Jumps KC 3-415 Sprints LHS 4:15-5:30 NO Distance Practice	12/6 Throws/PV: LHS 3-430 SP/Jumps: LHS 3-4 Distance-LHS 3-430	12/7 <b>Divisional Meet @ Fredonia State 1pm</b> <b>Bus leaves 10:45 AM</b>
	12/9 Throws/PV LHS 3-430 SP/Jumps LHS 3-430 Hurdles-LHS 2:20-3 Distance-LHS 3-5	12/10 Throws/PV KC 3-430 SP/Jumps: LHS 3-430 Distance-LHS 3-5	12/11 Throws/PV: LHS 3-430 SP/Jumps LHS 3-415 Distance-LHS 3-5	12/12 Throws/PV: KC 3-430 Jumps KC 3-415 Sprints LHS 4:15-5:30 Distance-LHS 3-5	12/13 PV: Off SP/Jumps: LHS 3-4 Hurdles-LHS 2:20-3 Distance-LHS 3-4:30 <b>Throws Meet @ Lancaster 530pm</b> <b>Bus Leaves at 4pm</b>	12/14 <b>Divisional Meet @ Buff State 1pm</b> <b>Bus Leaves 11:30 AM</b>
	12/16 Throws/PV: LHS 3-430 SP/Jumps LHS 3-430 Hurdles-LHS 2:20-3 Distance-LHS 3-5	12/17 Throws/PV: KC 3-430 SP/Jumps: LHS 3-430 Distance-LHS 3-5	12/18 Throws/PV: LHS 3-430 SP/Jumps LHS 3-415 Distance-LHS 3-5	12/19 Throws/PV: KC 3-430 Jumps KC 3-415 Sprints LHS 4:15-5:30 Distance-LHS 3-5	12/20 Throws/PV LHS 3-430 SP/Jumps OFF Hurdles-LHS 2:20-3 Distance-LHS 3-430	12/21 <b>Meet @ Houghton XMAS Classic 10am</b> <b>Bus Leaves at 7 AM</b>
	12/23 Throws/PV LHS 11am-1230 Hurdles 8-9am Distance-LHS 9-11 SP/Jumps: LHS 9-1030	12/24 <b>Off</b> <b>Merry Christmas</b>	12/25 <b>Off</b> <b>Merry Christmas</b>	12/26 Throws/PV9-1030LHS Distance-LHS 9-11am SP/Jumps: LHS 9-1030	12/27 Hurdles-LHS 8-9am Distance-LHS 9-10am Throws/PV Off SP/Jumps: LHS 9-1030	12/28 Throws/PV Off Distance-LHS 9-11am SP/Jumps: LHS OFF
	12/30 Throws/PV :LHS 1pm-230pm Hurdles 8-9am Distance-LHS 9-11am SP/Jumps: LHS 9-1030	12/31 Throws/PV <b>11am-1230 LHS</b> SP/Jumps: OFF Distance/Hurdles OFF				



# LOCKPORT LIONS INDOOR TRACK 2019-2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1/1 <b>Off</b> <b>Happy New Year</b>	1/2 Throws/PV KC 3-430 Jumps KC 3-415 Sprints LHS 4:15-5:30 Distance-LHS 3-5	1/3 Throws/PV LHS 3-430 Hurdles-LHS 2:20-3 Distance-LHS 3-430 SP/Jumps: LHS 3-4	1/4 <b>Meet @ Houghton</b> <b>New Years Celebration</b> <b>10am</b> <b>Bus Leaves at 7 AM</b>
	1/6 Throws/PV: LHS 230-4pm SP/Jumps: LHS 3-430 Hurdles-LHS 2:20-3 Distance-LHS 3-5	1/7 Throws/PV: KC 3-30 SP/Jumps: LHS 3-430 Distance-LHS 3-5	1/8 Throws/PV: LHS 3-430 SP/Jumps LHS 3-415 Distance-LHS 3-5	1/9 Throws/PV: KC 3-430 Jumps KC 3-415 Sprints LHS 4:15-5:30 Distance-LHS 3-5	1/10 Throws/PV: 3-430 SP/Jumps: LHS 3-4 Hurdles-LHS 2:20-3 Distance-LHS 3-430	1/11 <b>Meet @ Buffalo State</b> <b>Divisional 8am</b> <b>Bus Leaves at 6:30 AM</b>  <b>Throws Meet @</b> <b>Lancaster 9am Bus</b> <b>Leaves at 7am</b>
	1/13 Throws/PV: LHS 3-430 SP/Jumps: LHS 3-430 Hurdles-LHS 2:20-3 Distance-LHS 3-5	1/14 Throws/PV: KC 3-430 SP/Jumps: LHS 3-430 Distance-LHS 3-5	1/15 Throws/PV: LHS 3-430 SP/Jumps LHS 3-415 Distance-LHS 3-5	1/16 Throws/PV: KC 3-430 Jumps KC 3-415 Sprints LHS 4:15-5:30 Distance-LHS 3-5	1/17 Throws/PV: LHS 3-430 SP/Jumps OFF Hurdles-LHS 2:20-3 Distance-LHS 3-430	1/18 <b>Meet @ Houghton</b> <b>Section 6 vs 5 10am</b> <b>Bus Leaves at 7 AM</b>
	<b>1/20</b> <b>NO School</b> <b>Off</b> <b>Dr. King Day</b> Distance-LHS 9-11am	1/21 Throws/PV: LHS 3-415 SP/Jumps: LHS 3-430 Distance-LHS 3-5	1/22 Throws/PV LHS 3-415 SP/Jumps LHS 3-4 Distance-LHS 3-5	1/23 Throws/PV: OFF recovery Jumps LHS 3-415 Sprints LHS 4:15-5:30 Distance-LHS 3-5	<b>1/24</b> Throws/PV LHS 3-415 SP/Jumps: LHS 3-4 Hurdles-LHS 2:20-3 Distance-LHS 3-430	1/25 <b>Meet @ Houghton</b> <b>9th/10th Grade</b> <b>Championships 10am</b> <b>BUs Leaves 7 AM</b>
	1/27 Throws/PV: LHS 3-430 SP/Jumps: LHS 3-430 Hurdles-LHS 2:20-3 Distance-LHS 3-5	1/28 Throws/PV : KC 3-430 SP/Jumps: LHS 3-430 Distance-LHS 3-5	1/29 Throws/PV : LHS 3-430 SP/Jumps LHS 3-415 Distance-LHS 3-5	1/30 Throws/PV : KC 3-430 Jumps KC 3-415 Sprints LHS 4:15-5:30 Distance-LHS 3-5	1/31 Throws/PV LHS 3-430 Hurdles-LHS 2:20-3 Distance-LHS 3-430 SP/Jumps: OFF	<b>2/1</b> <b>Highlander Invite @</b> <b>Houghton</b> <b>10am</b> <b>Bus leaves at 7 AM</b>

LOCKPORT LIONS INDOOR TRACK 2019-2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2/3 Throws/PV: LHS 230-4pm SP/Jumps: LHS 3-430 Hurdles-LHS 2:20-3 Distance-LHS 3-5	2/4 Throws/PV: KC 3-430 SP/Jumps: LHS 3-430 Distance-LHS 3-5	2/5 Throws/PV: LHS 3-430 SP/Jumps LHS 3-415 Distance-LHS 3-5	2/6 Throws/PV: KC 3-430 Jumps KC 3-415 Sprints LHS 4:15-5:30 Distance-LHS 3-5	2/7 Throws/PV LHS 3-430 Hurdles-LHS 2:20-3 Distance-LHS 3-430 SP/Jumps: LHS 3-4	2/8 <b>Meet at Houghton Team Championships 10am Bus Leaves at 6:45 AM</b>
	2/10 Throws/PV : LHS 3-430 SP/Jumps: OFF Hurdles-LHS 2:20-3 Distance-LHS 3-5  <b>Sect. Qual Only</b>	<b>2/11</b> Throws/PV: KC 3-430 SP/Jumps: LHS 3-430 Distance-LHS 3-5  <b>Sect. Qual Only</b>	<b>2/12</b> Throws/PV : LHS 3-430 SP/Jumps LHS 3-415 Distance-LHS 3-5  <b>Sect. Qual Only</b>	<b>2/13</b> Throws/PV : KC 3-430 Jumps KC 3-415 Sprints LHS 4:15-5:30 Distance-LHS 3-5  <b>Sect. Qual Only</b>	2/14 Throws/PV LHS 3-430pm SP/Jumps: OFF Hurdles-LHS 2:20-3 Distance-LHS 3-430  <b>Sect. Qual Only</b>	2/15 Off <b>No Meet Scheduled as of 11/7</b>
	2/17 Throws/PV: LHS 9-1030 SP/Jumps LHS 9-1030 Hurdles-LHS 8:30-9am Distance-LHS 9-11  <b>Sect. Qual Only</b>	2/18 Throws/PV: KC 9-1030 SP/Jumps LHS 9-1030 Distance-LHS 9-1030  <b>Sect. Qual Only</b>	2/19 Throws/PV: LHS 9-1030 SP/Jumps LHS 9-1030 Distance-LHS 9-11am  <b>Sect. Qual Only</b>	2/20 Throws/PV KC 9-1030 Sprints/Jumps KC (if available) 9-1030 Distance- OFF  <b>Sectional Qual Only</b>	2/21 Throws/PV LHS 9-10 SP/Jumps LHS 9-10 Hurdles-LHS 8:30-9am Distance-LHS 9-10am  <b>Sectional Qual Only</b>	<b>2/22</b> <b>Sectional Championships @ Houghton College 10am Bus Leaves at 6:45 AM</b>
	2/24 Throws/PV LHS 3-4pm  <b>STATE PRACTICE ONLY TBD</b>	2/25 Throws/PV KC 3-4pm  <b>STATE PRACTICE ONLY TBD</b>	2/26 Throws/PV KC 3-4pm  <b>STATE PRACTICE ONLY TBD</b>	2/27 Throws/PV LHS 3-4  <b>STATE PRACTICE ONLY TBD</b>	2/28 Throws Off  <b>STATE PRACTICE ONLY TBD</b>	2/29 Throws Off
<b>STATE QUALIFIER SNOW DATE: TBD</b>	3/2 <b>STATE PRACTICE ONLY TBD</b> Throws/PV LHS 230-330	3/3 <b>STATE PRACTICE ONLY TBD</b> Throws/Pv KC 3-4	3/4 <b>STATE PRACTICE ONLY TBD</b> Throws/PV LHS 3-4	3/5 Leave for State Meet @ Ocean Breeze Staten Island	3/6 State Practice @ Ocean Breeze Staten Island	<b>3/7</b> <b>STATES @ Ocean Breeze Staten Island 9am</b>