Suffern Indoor Track Field 2011-12

Schedule

Date			Meet	Site		
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Dec.	2	Friday	Nassau Coaches Inviational	168th Street Armory	5:00 PM	
Dec.	11	Sunday	Section 1 Kickoff Meet	168th Street Armory	9:00 AM	
Dec.	16	Friday	Freshman - Sophomore Meet	RCC Fieldhouse	4:30 PM	
Dec.	17	Saturday	Bishop Loughlin Meet	168th Street Armory		
Dec.	27	Tuesday	Marine Corps Holiday Meet	168th Street Armory		
Dec.	27	Tuesday	Pearl River Holiday Festival	RCC Fieldhouse		
Dec.	30	Fri	North Shore Inv.	168th Street Armory		
Jan.	5	Thursday	Dende Meet	RCC Fieldhouse	4:30 PM	
Jan.	6	Friday	Coaches Invitational	RCC Fieldhouse		
Jan.	7	Saturday	Southern Tier Invitational	Cornell University		
Jan.	11	Wednesday	Millrose Games Mile Relay Trials	168th Street Armory		
Jan.	13	Friday	League Meet	RCC Fieldhouse		
Jan.	16	Monday	Suffern Invitational	RCC Fieldhouse		
Jan.	20	Friday	Yale Invitational	New Haven, Conn		
Jan.	21	Saturday	New Balance Games	168th Street Armory		
Jan.	29	Sunday	Rockland County Championships	168th Street Armory	9:00 AM	
Feb.	1	Wednesday	Metropolitan Invitational	168th Street Armory		
Feb.	3	Friday	Novice Meet	RCC Fieldhouse	4:30 PM	
Feb.	3-4	Friday/Saturday	New Balance Collegiate Invitational	168th Street Armory		
Feb.	6	Monday	Varsity Classic	168th Street Armory		
Feb.	11	Saturday	Millrose Games	Madison Square Garden		
Feb.	12	Sunday	Section 1 Class A Championships	168th Street Armory	9:00 AM	
Feb.	24	Saturday	Section 1 State Qualifier	168th Street Armory	5:00 PM	
Feb.	28	Tuesday	Eastern States Championships	168th Street Armory		
Mar.	3	Saturday	New York State Intersectional Meet	Cornell University		
Mar.	9-11	Fri-Sat-Sun	National Armory Meet	168th Street Armory		

	1.	*All weekday meets begin at 4:00 PM unless otherwise announced
	2.	All Saturday, Sunday or other holiday meets begin at 9:00 AM
	3.	Everyone competes in all of the RCC Fieldhouse meets
	4.	About half of the team competes in all other meets (not at RCC)
	5.	Everyone goes to the County Meet; half the team goes thru the quals
	6.	Practice begins sharply at 2:25 PM everyday on the track with a 15 minute warm-up; In most cases you will finish for the 4:15 bus.
	7.	We start practice on November 9th and will practice everyday except Saturday and Sunday up until school breaks for Xmas.
	8.	Practice is never cancelled after school because of weather unless the school cancels all afterschool activities.
	9.	When weather is inclement, we practice in the halls. We try to stay out as deep into the season as possible.
	10.	We don't practice over the Thanksgiving Break; we will practice several times over Xmas - TBA. If you are going away with your family, you are excused; if not you are expected to be there.
	11.	We ask that when you are out for the Indoor track team, that you make it your priority. If you simply want an activity for your resume, this is not the activity for you. If you are dedicated to making yourself and your team better we welcome you and your effort.