



Sullivan Redskins Track and Field Calendar



February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar
4	5	6	7	8	9	10
	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	No School SIP Day Distance Workout: See Posted Calendar	Distance Workout: See Posted Calendar
11	12	13	14	15	16	17
	No School: President's Day Distance Workout: See Posted Calendar	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar
18	19	20	21	22	23	24
	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar St. Louis Glazier Football Coaching Clinic	Distance Workout: See Posted Calendar Taylorville Lifting Meet St. Louis Glazier Football Coaching Clinic
25	26	27	28	29	1	2
	Outdoor Season Begins! Practice 3:30-5:00 PM Athlete/Parent Meeting 6:00 PM in SHS Gym	Practice 3:30-5:00 PM	Practice 3:30-5:00 PM	Practice 3:30-5:00 PM	Practice 6:30-7:45 AM Girls Charleston Indoor Invitational Meet @ EIU	Boys Charleston Indoor Invitational Meet @ EIU Maroa Lifting Meet

