

**Santa Barbara Dons Cross Country / Track & Field
2008 Calendar**

JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
31 Winter Break <i>Weights 8:30am</i>	1 Winter Break	2 <i>Winter Practice 3:00pm</i>	3 <i>TF Jumps 6:30am Winter Practice 3:00pm</i>	4 <i>Winter Practice 3:00pm</i>	5	6
7 <i>TF Throws 6:30am Winter Practice 3:00pm</i>	8 <i>TF Jumps 6:30am Winter Practice 3:00pm</i>	9 <i>TF Throws 6:30am Winter Practice 3:00pm</i>	10 <i>TF Jumps 6:30am Winter Practice 3:00pm</i>	11 <i>Winter Practice 3:00pm</i>	12	13
14 Track & Field Tryout 3:00pm	15 <i>TF Jumps 6:30am Winter Practice 3:00pm</i>	16 <i>TF Throws 6:30am Winter Practice 3:00pm</i>	17 <i>TF Jumps 6:30am Winter Practice 3:00pm</i>	18 End 1st Semester <i>Winter Practice 3:00pm</i>	19	20
21 M.L.K. Day	22 <i>Winter Practice 3:00pm</i>	23 <i>Winter Practice 3:00pm</i>	24 <i>Winter Practice 3:00pm</i>	25 <i>Winter Practice 3:00pm</i>	26	27
28 <i>Winter Practice 3:00pm</i>	29 <i>Winter Practice 3:00pm</i>	30 <i>Winter Practice 3:00pm</i>	31 <i>Winter Practice 3:00pm</i>	1 <i>Winter Practice 3:00pm</i>	2	3

Revised 1/21/08. Subject to Change

Cross Country

Track & Field

Track & Field athletes not in a Fall or Winter Sport sign up for Cross Country. Workouts will be modified to your events. Class Attendance is taken every school day. Morning workouts are by appointment with Coach Perdices
6th Period Athletics Study Table may be assigned as necessary.

**Santa Barbara Dons Cross Country / Track & Field
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FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
4 <i>Winter Practice 3:00pm</i>	5 <i>Winter Practice 3:00pm</i>	6 <i>Winter Practice 3:00pm</i>	7 <i>Winter Practice 3:00pm</i>	8 Track & Field Tryout 3:00	9	10
11 <i>TF Practice 4:00pm@SBCC</i>	12 <i>TF Practice 3:00pm</i>	13 <i>TF Practice 4:00pm@SBCC</i>	14 <i>TF Practice 3:00pm</i>	15 Lincoln's B-Day <i>TF Practice T.B.D.</i>	16 <i>TF Practice T.B.D.</i>	17
18 President's Day <i>TF Practice 4:00pm@SBCC</i>	19 Intersquad Pentathlon Field Events	20 Intersquad Pentathlon Track Events	21 <i>TF Practice 3:00pm</i>	22 <i>TF Practice 3:00pm</i>	23 <i>TF Practice T.B.D.</i>	24
25 <i>TF Practice 4:00pm@SBCC</i>	26 <i>TF Practice 3:00pm</i>	27 <i>TF Practice 4:00pm@SBCC</i>	28 <i>TF Practice 3:00pm</i>	29 <i>TF Practice 3:00pm</i>	1 Don Green Memorial Invitational	2

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MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
3 <i>TF Practice 4:00pm@SBCC</i>	4 <i>TF Practice 3:00pm</i>	5 <i>TF Practice 4:00pm@SBCC</i>	6 @ Ventura	7 <i>TF Practice 3:00pm</i>	8 <i>TF Practice T.B.D.</i>	9
10 <i>TF Practice 4:00pm@SBCC</i>	11 <i>TF Practice 3:00pm</i>	12 <i>TF Practice 4:00pm@SBCC</i>	13 Vs. Buena	14 Camarillo Dist. Carnival	15 Camarillo Classic	16 Youth Easter Relays
17 <i>TF Practice 4:00pm@SBCC</i>	18 <i>TF Practice 3:00pm</i>	19 <i>TF Practice 4:00pm@SBCC</i>	20 Vs. Dos Pueblos	21 <i>TF Practice 3:00pm</i>	22 S.B. Easter Relays	23
24 <i>TF Practice 4:00pm@SBCC</i>	25 <i>TF Practice 3:00pm</i>	26 Spring Break	27 Spring Break	28 Spring Break	29 Spring Break	30 Spring Break

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APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
31 Spring Break <i>TF Practice</i> <i>10:00am@SBCC</i>	1 Spring Break <i>TF Practice</i> <i>10:00am@SBCC</i>	2 Spring Break Tri City Relays	3 Spring Break <i>TF Practice</i> <i>10:00am@SBCC</i>	4 Spring Break <i>TF Practice</i> <i>10:00am@SBCC</i>	5 Spring Break Spartan Relays	6 Spring Break
7 <i>TF Practice</i> <i>4:00pm@SBCC</i>	8 <i>TF Practice 3:00pm</i>	9 <i>TF Practice</i> <i>4:00pm@SBCC</i>	10 <i>TF Practice 3:00pm</i>	11 Arcadia Invitational	12 Arcadia Invitational GordonSteward Invitational	13
14 <i>TF Practice</i> <i>4:00pm@SBCC</i>	15 <i>TF Practice 3:00pm</i>	16 <i>TF Practice</i> <i>4:00pm@SBCC</i>	17 <i>TF Practice 3:00pm</i>	18 <i>TF Practice 3:00pm</i>	19 County Championships	20
21 <i>TF Practice</i> <i>4:00pm@SBCC</i>	22 <i>TF Practice 3:00pm</i>	23 <i>TF Practice</i> <i>4:00pm@SBCC</i>	24 @ San Marcos	25 <i>TF Practice 3:00pm</i>	26 Dos Pueblos Invitational	27
28 <i>TF Practice</i> <i>4:00pm@SBCC</i>	29 <i>TF Practice 3:00pm</i>	30 <i>TF Practice</i> <i>4:00pm@SBCC</i>	1 League Finals	2 <i>TF Practice 3:00pm</i>	3 <i>TF Qualifiers Practice T.B.D.</i>	4 Youth All-County

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MAY

MON	TUE	WED	THU	FRI	SAT	SUN
5 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C.</i>	6 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C.</i>	7 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C.</i>	8 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C.</i>	9 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C.</i>	10 C.I.F. Prelims	11
12 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C. XC Spring Practice 2pm @ S.B.H.S</i>	13 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C. XC Spring Practice 2pm @ S.B.H.S</i>	14 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C. XC Spring Practice 2pm @ S.B.H.S</i>	15 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C. XC Spring Practice 2pm @ S.B.H.S</i>	16 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C.</i>	17 C.I.F. Finals	18
19 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C. XC Spring Practice 2pm @ S.B.H.S</i>	20 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C. XC Spring Practice 2pm @ S.B.H.S</i>	21 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C. XC Spring Practice 2pm @ S.B.H.S</i>	22 Varsity B.B.Q. <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C. XC Spring Practice 2pm @ S.B.H.S</i>	23 Masters Meet	24	25
26 Memorial Day <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C. XC Spring Practice 2pm @ S.B.H.S</i>	27 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C. XC Spring Practice 2pm @ S.B.H.S</i>	28 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C. XC Spring Practice 2pm @ S.B.H.S</i>	29 <i>TF Qualifiers Practice 3:30 pm @ S.B.C.C. XC Spring Practice 2pm @ S.B.H.S</i>	30 State Prelims	31 State Finals	1

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JUNE

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2 <i>XC Spring Practice 2pm @ S.B.H.S</i>	3 <i>XC Spring Practice 2pm @ S.B.H.S</i>	4 <i>XC Spring Practice 2pm @ S.B.H.S</i>	5 <i>XC Spring Practice 2pm @ S.B.H.S</i>	6	7 C.I.F. Dead Period Starts	18
9	10	11 Finals	12 Finals Graduation	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29 C.I.F. Dead Period Ends
30 <i>Summer XC 5pm @ Shoreline Park</i>	1 <i>Summer XC 5pm @ Peabody Stadium Summer TF 6pm @ Weight room</i>	2	3 <i>Summer XC 5pm @ Peabody Stadium Summer TF 6pm @ Weight room</i>	4 <i>Summer XC 5pm @ Shoreline Park</i>	5	6

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