



December 2022



“SANGER TRACK AND FIELD”

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13 GIRLS TEAM MEETING (LUNCH)	14 BOYS TEAM MEETING (LUNCH)	15	16	17
18 Winter break practices will be communicated at the meeting	19 WINTER BREAK	20 WINTER BREAK	21 WINTER BREAK	22 WINTER BREAK	23 WINTER BREAK	24 CHRISTMAS EVE
25 CHRISTMAS DAY	26 WINTER BREAK	27 WINTER BREAK	28 WINTER BREAK	29 WINTER BREAK	30 WINTER BREAK	31 NEW YEARS EVE

*We will have weight room sessions during winter break for anyone NOT competing in a winter sport

*If you are in a winter sport you MUST finish the winter season before coming out for track



January 2023

“SANGER TRACK AND FIELD”



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NEW YEARS DAY	2 WINTER BREAK	3 WINTER BREAK	4 WINTER BREAK	5 WINTER BREAK	6 WINTER BREAK	7
8 WEEK 1	9 COACHES MEETING (No Practice)	10 No Practice	11 PRACTICE STARTS	12 PRACTICE Pole Vault Summit (Travel Day)	13 COACHES MEETING (No Practice) Pole Vault Summit (Clinic Day)	14 Pole Vault Summit (Comp Day)
15 WEEK 2	16 MLK DAY NO SCHOOL NO PRACTICE	17 PRACTICE	18 PRACTICE	19 PRACTICE Double Good Fundraiser Starts	20 PRACTICE Double Good Fundraiser	21 Double Good Fundraiser
22 WEEK 3 Double Good Fundraiser	23 PRACTICE Double Good Fundraiser Ends	24 PRACTICE	25 PRACTICE	26 PRACTICE	27 PRACTICE	28
29 WEEK 4	30 PRACTICE	31 PRACTICE				

*PRACTICE WILL BE MONDAY – FRIDAY (3:45pm-5:45pm) @ Dodson Field Track
(unless otherwise noted)

*CALENDAR IS SUBJECT TO CHANGE

*WE WILL USE “REMIND” TO COMMUNICATE CHANGES AND WEEKLY PLANS



February 2023

“SANGER TRACK AND FIELD”



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Winter Championships (On Own)
5 WEEK 5	6	7	8	9	10	11
12 WEEK 6	13 350 TEST (2pm) *Teppanyaki Dinner for time qualifiers (NO SCHOOL)	14	15	16 VIRTUAL PARENT MEETING (7:00-7:45pm)	17	18
19 WEEK 7	20 NO SCHOOL NO PRACTICE	21 Intersquad Meet	22	23	24 BUCHANAN DISTANCE CLASSIC	25 FOWLER THROWERS CLASSIC ----- CENTRAL VALLEY RELAYS (Dinuba)
26 WEEK 8	27	28				



March 2023

“SANGER TRACK AND FIELD”



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 SANGER SPRING CLASSIC
5 WEEK 9	6	7	8 HOME MEET	9 Warrior Invitational (Middle School) (We Host)	10 CLOVIS EAST CARNIVAL	11
12 WEEK 10 DAYLIGHT SAVINGS (CLOCKS FORWARD 1 HOUR)	13	14	15 MADERA MEET	16	17 GATEWAY INVITATIONAL	18
19 WEEK 11	20	21	22 NYL/CMAC RELAYS (Madera)	23	24	25 AZUSA MOC Central Valley Classic (Last chance Arcadia qualifiers)
26 WEEK 12	27	28	29 BULLARD MEET	30	31	



April 2023

“SANGER TRACK AND FIELD”



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 WEST COAST RELAYS
2 WEEK 13	3 SPRING BREAK PRACTICE	4 SANGER EASTER CLASSIC	5 SPRING BREAK PRACTICE ARCADIA ONLY	6 SPRING BREAK PRACTICE ARCADIA ONLY	7 ARCADIA INVITATIONAL	8 ARCADIA INVITATIONAL
9 WEEK 14 EASTER SUNDAY	10 NO SCHOOL (PRACTICE 3-5PM)	11	12 CLOVIS EAST MEET	13	14 MT SAC INVITATIONAL (Tentative)	15 MT SAC INVITATIONAL (Tentative) ----- AREA 3 YOUTH QUALIFIER (SANGER HOST)
16 WEEK 15	17	18	19 HOME MEET	20	21 SANGER METRIC CLASSIC	22 FRESNO COUNTY YOUTH QUALIFIER (REEDLEY) *no commitment
23 WEEK 16	24	25 CMAC JV CHAMPIONSHIPS (Madera)	26 CVAL CHAMPIONSHIPS (Middle School) (We Host)	27	28 REEDLEY INVITATIONAL	29 JUNIOR FRESNO RELAYS (SANGER HOST)



May 2023

“SANGER TRACK AND FIELD”



Sun	Mon	Tue	Wed	Thu	Fri	Sat
WEEK 17	1	2	3	4 CMAC CHAMPIONSHIPS (Sanger HS)	5	6 YOUTH VALLEY CHAMPIONSHIPS (BUCHANAN) *no commitment
7 WEEK 18	8 PICTURE DAY (TRACK CLEANUP) *EVERYONE ATTENDS	9	10	11	12 DIVISION 1 CHAMPIONSHIPS (Clovis East HS)	13
14 WEEK 19	15	16	17	18	19	20 CENTRAL SECTION CHAMPIONSHIPS
21 WEEK 20	22	23	24	25	26 STATE CHAMPIONSHIPS (PRELIMS)	27 STATE CHAMPIONSHIPS (FINALS)
28	29 NO SCHOOL	30	31		JUNE 2nd AWARDS NIGHT	