












Westside Track Club: July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:				1  Practice @ Valley 5:45pm to 7:00pm	2	3
4	5  Practice @ Valley 5:45pm to 7:00pm	6  Practice @ Valley 5:45pm to 7:00pm	7  Practice @ Valley 5:45pm to 7:00pm	8 REGIONAL MEET AT SIMPSON COLLEGE IN INDIANOLA, IOWA	9 REGIONAL MEET AT SIMPSON COLLEGE IN INDIANOLA, IOWA	10 REGIONAL MEET AT SIMPSON COLLEGE IN INDIANOLA, IOWA
11 REGIONAL MEET AT SIMPSON COLLEGE IN INDIANOLA, IOWA	12	13  Practice @ Valley 5:45pm to 7:00pm	14  Practice @ Valley 5:45pm to 7:00pm	15  Practice @ Valley 5:45pm to 7:00pm	16	17
18	19  Practice @ Valley 5:45pm to 7:00pm	20  Practice @ Valley 5:45pm to 7:00pm	21  Practice @ Valley 5:45pm to 7:00pm	22  Practice @ Valley 5:45pm to 7:00pm	23	24
25	26	27 NATIONAL MEET IN SACRAMENTO, CA	28 NATIONAL MEET IN SACRAMENTO, CA	29 NATIONAL MEET IN SACRAMENTO, CA	30 NATIONAL MEET IN SACRAMENTO, CA	31 NATIONAL MEET IN SACRAMENTO, CA