



2024 GRAND ISLAND INDOOR TRACK January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day NO PRACTICE	2 RETURN TO SCHOOL Practice 2:45-4:15	3	4 PRACTICE 2:45 – 4:15	5 Limited Events 1 Invitational @ Buff State Bus at 4:00	6 Varsity Select 1 @ Houghton Bus @ 7:15am
7	8 PRACTICE 2:45 – 4:15	9 PRACTICE 2:45 – 4:15	10	11 PRACTICE 2:45 – 4:15	12 PRACTICE 2:45 – 4:15	13 A-D Meet @ Houghton Bus: @12:15
14	15 MLK Jr. Day No School No Practice	16 PRACTICE 2:45 – 4:15	17	18 PRACTICE 2:45 – 4:15	19 Varsity Select 2 @ Houghton Bus: TBA	20 NOTE: meets highlighted in red are tentative
21	22 PRACTICE 2:45 – 4:15	23 Regents Exams Practice TBA	24 Regents Exams	25 Regents Exams Practice TBA	26 Limited Events 2 Invitational @Buff State Bus at 4:00	27 Frosh-Soph Meet @ Houghton Bus: 7:15 am
28	29	30	31 NO PRACTICE			