

May 2024

April '24						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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June '24						
S	M	T	W	T	F	S
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23	24	25	26	27	28	29
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July '24						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 Regionals, UNF	9	10 <i>Senior Night, 5:30-7:30 pm</i>	11
12	13	14	15	16	17 State Championship, UNF, Field @1 pm, Running @4 pm	18 Stanton 5K, Ed Austin Park, 8:30 am
19	20	21	22	23	24	25
26	27 YMCA 6-7:30 pm WU; Easy run; Strides; Red Easy	28 OYO WU; Easy run; Strides; Red Easy	29 OYO WU; Easy run; Strides; Red Easy OR Rest if you are new	30 YMCA 6-7:30 pm WU Fartlek; Red Hard OR Circuits; Red Hard	31 OYO WU; Easy run; Strides; Red Easy OR Rest if you are new	
		Notes			Calendar Templates by Vertex42.com https://www.vertex42.com/calendars/ © 2022 Vertex42 LLC. Free to print.	
					2024 Calendars	2025 Calendars

June 2024

May '24						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

July '24						
S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August '24						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p><i>Check Vdot for length of your long run --> then add 45-60 minutes for length of your practice</i></p>	<p>1 Julington-Durbin 8 am WU; Easy Long Run; Strides; Red Hard</p>
<p>2 REST</p>	<p>3 Ed Austin 6-7:30 pm WU; Easy run; Strides; Red Easy</p>	<p>4 MOSH 6-7:30 pm WU; 10 min easy; 5x1 min hills (on the 3 min); 5-10 min CD; Red Hard</p>	<p>5 OYO WU; Easy run; Strides; Red Easy OR Rest if you are new (check Vdot)</p>	<p>6 YMCA 6-7:30 pm WU; Progression Run; Red Hard OR WU; 25 min circuit; Red Hard</p>	<p>7 San Marco 6-7:30 pm WU; Easy run; Strides; Red Easy OR 20 min brisk walk (check VDot)</p>	<p>8 Run for the Pies, JWJ Park, 7 pm</p>
<p>9 REST</p>	10	11	12	13	14	15
<p>16 Father's Day</p>	17	18	19	20	21	22
23	24	25	26	27	28	29
30		Notes			<p>Calendar Templates by Vertex42.com https://www.vertex42.com/calendars/ © 2022 Vertex42 LLC. Free to print.</p>	
					<p>2024 Calendars</p>	<p>2025 Calendars</p>

July 2024

June '24						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
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August '24						
S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September '24						
S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Independence Day Celebration 5K, 1st Place Sports Baymeadows, 7:30 am	5	6
7	8	9	10	11	12	13
14 <i>Leave for Brevard</i>	15	16	17	18	19	20 <i>Return from Brevard</i>
21	22	23	24	25	26	27
28	29	30	31			
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August 2024

July '24						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September '24						
S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October '24						
S	M	T	W	T	F	S
		1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 Mandarin Preseason 5K, Palmetto Park
18	19	20	21	22	23 Cecil Field Summer Classic, Cecil Field	24
25	26	27	28	29	30	31
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September 2024

August '24						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

October '24						
S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November '24						
S	M	T	W	T	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3	4	5	6	7 FL Horse Park Invitational, Ocala
8	9	10	11	12	13	14
15	16	17	18	19	20	21 Katie Caples Invitational, Bishop Kenny HS
22	23	24	25 DCPS Meet @ Sandalwood?	26	27	28 Bale n Trail Cross Country Original, Bartram HS?
29	30					
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October 2024

September '24						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

November '24						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December '24						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 1st Annual Run with the Devils, Sheffield Park, 4:30 pm	3 Rosh Hashanah	4	5
6	7	8 Fletcher Beach Run, Jacksonville Beach	9	10	11 Pre-State, Appalachee Park, Tallahassee	12 Pre-State, Appalachee Park, Tallahassee
13	14	15	16	17	18	19
20	21	22	23	24 Gateway Conference Championship, Cecil Field	25	26
27	28	29	30	31 Halloween		
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October '24						
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

December '24						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January '25						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 Veterans Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving	29	30
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December 2024

November '24						
S	M	T	W	T	F	S
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

January '25						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February '25						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Christmas Eve	25 Christmas Day Hanukkah begins	26 Kwanzaa begins	27	28
29	30	31 New Year's Eve				
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