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| February |  |
|  | 2023 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
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| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  |  |  |  |  |  |  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | First Day of Practice2:50pm-5pm | Practice 2:50-5pm | Practice 2:50-5pm | No SchoolPractice Time TBD | NO SCHOOLPractice 8-10am | Practice 8-10am |
| 26 | 27 | 28 |  |  |  |  |
|  | Practice 2:50-5pmSenior/Jr Uniform Handout | Practice 2:50-5pmSophomore/Freshman Uniform Handout |  |  |  |  |
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| March |  |
|  | 2023 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  | Practice 2:50-5pmSpring Sport Parent Meeting 7pm | Practice 2:50-5pm | Practice 2:50-5pm | **Practice 9-12****@ University of Dubuque** |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  | **Dickinson Relays @ UNI**Practice 2:50-5pm for girls not going | Practice 2:50-5pm | Practice 2:50-5pm | **Senior Indoor @ UD** | Practice 2:50-5pm | Practice 8-10am |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Spring Break Week | Practice 8-10amTeam Breakfast | **MVC INDOOR @ UNI** | Practice 8-10am | Practice 8-10am | **UD INDOOR CLASSIC @ University of Dubuque** | Practice 8-10am |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Fundraiser Dinner | Practice 2:50-5pm | Practice 2:50-5pm | Practice 2:50-5pm | **Muscatine Invite @ Muscatine HS** | Practice 2:50-5pm | **Iowa Indoor Championship @ University of Dubuque** |
| 26 | 27 | 28 | 29 | 30 | 31 |  |
|  | Practice 2:50-5pm | Practice 2:50-5pmPicture Day | Practice 2:50-5pm | **Lancer Invite @ North Scott HS** | Practice 2:50-5pm |  |
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| April |  |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|  |  |  |  |  |  | Practice 8-10am |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  | Practice 2:50-5pm | **Patrick Murphy Relays @ Dalzel 4pm** | Practice 2:50-5pm | Practice 2:50-5pm | No SchoolLift 8-9:30am | No Practice |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | **Bobcat JV @ WD TBD**Varsity Practice 2:50-5pm | **Clinton Invite @ River King/Queen Sports Complex** JV NO PRACTICE | Practice 2:50-5pm | Practice 2:50-5pm | Practice 2:50-5pm | **Linn Mar Invite @ Linn Mar High School 10am** |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  | Practice 2:50-5pmTeam Dinner | **Hempstead Invite @ Dalzel 4:30pm** **Senior Night** | Practice 2:50-5pm | **Forewald/Coleman Relays @ Iowa City High School 3:30pm** | Practice 2:50-5pm | Practice 8-10am |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|  | **Dubuque County Meet @ Dalzel 4pm** | Practice 2:50-5pm | Practice 2:50-5pm | Drake RelaysPractice 2:50-5pm | Drake RelaysPractice 2:50-5pm | Drake RelaysNO PRACTICE |
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| May |  |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  | Practice 2:50-5pm | Practice 2:50-5pm | Practice 2:50-5pmTeam Dinner | **MVC Conference Meet @ Iowa City West HS 4:30pm** | Practice 2:50-5pm | Practice 8-10amState Qualifying Meet Roster Announced |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  | Practice 2:50-5pm | Practice 2:50-5pm | Practice 2:50-5pmTeam Dinner | **State Qualifying Meet** **Site TBD** | Practice 2:50-5pm | Practice 8-10am |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  | Practice 2:50-5pm | Practice 2:50-5pm | Leave for Drake Stadium  | **State Meet @ Drake Stadium** | **State Meet @ Drake Stadium** | **State Meet @ Drake Stadium** |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
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| 28 | 29 | 30 | 31 |  |  |  |
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