

January

Y-SPEED CALENDAR

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	Dec 31 Practice at Velocity in AM?	1	2	3 Practice at YMCA at 3:30pm – January Y-Speed \$10 <i>payment due for</i> <i>warmups.</i>	4	5 RCC All-Comer Track Meet at the Reggie Lewis Center, Boston
6 SMAC All-Comer Track Meet at Smith College, Northampton BUS leave YMCA @ 4pm	7 NO Practice	8	9 Y-Speed Educational Workshop @ YMCA at 3:30pm	10 Practice at YMCA at 3:30pm	11	12 Practice at Velocity. BUS leaves YMCA at 9:30am
13 SMAC All- Comer Track Meet at Smith College, Northampton BUS leaves YMCA @ 4pm	14 No Practice at Velocity. BUS leaves YMCA at 3:30 pm	15	16 Y-Speed Educational Workshop @ YMCA at 3:30pm	17 Practice at YMCA at 3:30pm	18	19 Practice at Velocity. BUS leaves YMCA at 9:30am
20 GBTC Invitational Track Meet at Harvard University, Cambridge. BUS leaves Y @ 7:30a	21 Practice at Velocity. BUS leaves YMCA at 3:30 pm	22	23 Y-Speed Educational Workshop @ YMCA at 3:30pm	24 Practice at YMCA at 3:30pm	25	26 NO Practice
27 Westfield State College Intra- Squad Track Meet. BUS leaves YMCA @ 1:15 pm	28 Practice at Velocity. BUS leaves YMCA at 3:30pm	29	30 Y-Speed Educational Workshop @ YMCA at 3:30pm	31 Practice at YMCA at 3:30pm		

2008

February

Y-SPEED CALENDAR

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 101st Millrose Games @ Madison Square Garden, NYC	2 Practice at Velocity. BUS leaves YMCA at 9:30am
3	4 Practice at Velocity. BUS leaves YMCA at 3:30pm	5	6 Y-Speed Educational Workshop @ YMCA at 3:30pm	7 Practice at YMCA at 3:30pm	8	9 Practice at Velocity. BUS leaves YMCA at 9:30am
10 Westfield State College Practice. BUS leaves YMCA @ 1:15 pm	11 Practice at Velocity. BUS leaves YMCA at 3:30 pm	12	13 Y-Speed Educational Workshop @ YMCA at 3:30pm	14 Practice at YMCA at 3:30pm	15	16 Practice at Velocity. BUS leaves YMCA at 9:30am
17	18 Practice at Velocity. BUS leaves YMCA at 3:30pm	19	20 Y-Speed Educational Workshop @ YMCA at 3:30pm	21 Practice at YMCA at 3:30pm	22	23 Practice at Velocity. BUS leaves YMCA at 9:30am
24 USATF New England Championships @ Harvard. BUS leaves YMCA @ 7:30am	25 Practice at Velocity. BUS leaves YMCA at 3:30pm	26	27 Y-Speed Educational Workshop @ YMCA at 3:30pm	28 Practice at YMCA at 3:30pm	29	

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