

Conestoga Senior High School

2009-10 Boys' Indoor Track & Field Schedule (TENTATIVE)

Regular Season T&FCAofGP Meets

Special Invitational Meets

Post-Season Meets

*Spikes are permitted

MEET START BUS
DEPARTURE

November						
Fri	20	FIRST DAY OF PRACTICE! Team meeting (MANDATORY)				
December						
Sat	5	OFF - NO MEETS				
Sat	12	T&FCAofGP #1	Haverford College	12:00 PM	11:00 PM	
Sat	19	T&FCAofGP #2	Lehigh University	8:30 AM	6:30 AM	
Wed	23	T&FCAofGP #3	Lehigh University	6:00 PM	4:15 PM	
Mon.	28	*Holiday Classic (TBD?)	NYC Armory	TBD	TBD	
January						
Sat	2	T&FCAofGP #4	Lehigh University	8:00 AM	6:00 AM	
Sat	9	T&FCAofGP #5	Haverford College	12:00 PM	11:00 AM	
Mon.	11	*Chester Co. Champs	Ursinus College	5:30 PM	4:00 PM	
Sat	16	T&FCAofGP #6	Lehigh University	8:30 AM	6:30 AM	
Fri	22	PSU Invitational	PSU Travel Day	After School	VANS	
Sat	23	*PSU Invitational	Penn State Univ.	ALL DAY	VANS	
Sat	30	T&FCAofGP #7	Glen Mills	10:30 AM	9:15 AM	
February						
Sat	6	T&FCAofGP #8	Lehigh University	8:30 AM	6:30 AM	
Sat	13	OFF WEEKEND				
Sat	20	44th Meet of Champs	Lehigh University	TBD	TBD	
Sat	27	TO BE DETERMINED				
March						
Fri	5	State Championships	Penn State Univ.	Travel day	TBD	
Sat	6	State Championships	Penn State Univ.	10:00 AM	NA	
Fri	12	*Nike Indoor Nationals	Boston, MA	Travel	11:30 AM	
Sat	13	*Nike Indoor Nationals	Boston, MA	TBD	TBD	
Sun	14	*Nike Indoor Nationals	Boston, MA	TBD	TBD	

updated: 09.05.09

PLEASE CHECK StogaTrackXC.com often for schedule updates and changes



PTFCA

Conestoga Senior High School

2009-2010 Girls' Indoor Track & Field Schedule (UPDATED!!)

Regular Season DVGTCAs Meets

Invitational Meets

Post-Season Meets


* Spikes are permitted

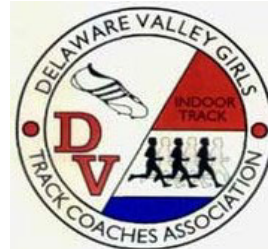
MEET
START

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November					
Fri	20	FIRST DAY OF PRACTICE! Team meeting (MANDATORY)			
December					
Fri	5	OFF - NO MEETS			
Fri	11	DVGTCAs #1	Haverford College	5:30 PM	4:15 PM
Fri	18	DVGTCAs #2	Lehigh University	4:30 PM	2:45 PM
Wed	23	DVGTCAs #3	Ursinus College	4:30 PM	3:15 PM
Mon	28	*Holiday Classic (TBD?)	NYC Armory	TBD	TBD
January					
Sat	2	DVGTCAs #4	Lehigh University	4:30 PM	2:45 PM
Fri	8	DVGTCAs #5	Haverford College	5:00 PM	3:45 PM
Mon	11	*Chester Co. Champs	Ursinus College	5:30 PM	4:00 PM
Fri	15	DVGTCAs #6	Lehigh University	6:30 PM	4:30 PM
Fri	22	PSU Invitational	PSU Travel Day	After School	VANS
Sat	23	*PSU Invitational	Penn State Univ.	ALL DAY	VANS
Fri	29	DVGTCAs #7	Lehigh University	6:30 PM	4:30 PM
February					
Fri	5	DVGTCAs #8	Lehigh University	6:30 PM	4:30 PM
Fri	12	OFF WEEKEND			
Fri	19	DVGTCAs #9	Lehigh University	6:30 PM	4:30 PM
Fri	26	*Meet of Champs	Lehigh University	6:30 PM	4:30 PM
March					
Fri	5	State Championships	Penn State Univ.	Travel day	TBD
Sat	6	*State Championships	Penn State Univ.	10:00 AM	NA
Fri	12	Nike Indoor Nationals	Boston, MA	Travel	11:30 AM
Sat	13	*Nike Indoor Nationals	Boston, MA	TBD	TBD
Sun	14	*Nike Indoor Nationals	Boston, MA	TBD	TBD

updated: 11.28.09

S O G A

 track & field



PTFCA