

KING North MAY 2016 Practice Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|------------------------------------|---|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| KING BANQUET PG:10-11:30A NH OR 2:30-4 KM/MR | PG: 5:45-7P AG: 5:45-7:30P POW: 6-8P KCAC | PG: OFF AG: 5:30-7:30P KCAC POW: 5:45-7:30P | PG: 5:45-7P AG: 5:45-7:30P POW: 6-8P KCAC | NO WORKOUTS | PG: 5:45-7P AG: 5:45-7:30P POW: 5:45-7:30P | AG: 8:30-10A KM POW: 10A-NOON MR |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| PG:10-11:30A NH OR 2:30-4 KM/MR | PG: 5:45-7P AG: 5:45-7:30P POW: 6-8P KCAC | PG: OFF AG: 5:30-7:30P KCAC POW: 5:45-7:30P | PG: 5:45-7P AG: 5:45-7:30P POW: 6-8P KCAC | NO WORKOUTS | SOCKEYE OPEN PG: 5:45-7P AG: MEET POW: MEET | SOCKEYE OPEN AG: MEET POW: MEET |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| SOCKEYE OPEN PG:10-11:30A NH OR 2:30-4 KM/MR | PG: 5:45-7P AG: 5:45-7:30P POW: 6-8P KCAC | PG: OFF AG: 5:30-7:30P KCAC POW: 5:45-7:30P | PG: 5:45-7P AG: 5:45-7:30P POW: 6-8P KCAC | HYACK TRAVEL NO WORKOUTS | HYACK MEET PG: 5:45-7P AG: 5:45-7:30P POW: 5:45-7:30P | HYACK MEET AG: 8:30-10A KM POW: 10A-NOON MR |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| HYACK MEET PG:10-11:30A NH OR 2:30-4 KM/MR | PG: 5:45-7P AG: 5:45-7:30P POW: 6-8P KCAC | PG: OFF AG: 5:30-7:30P KCAC POW: 5:45-7:30P | PG: 5:45-7P AG: 5:45-7:30P POW: 6-8P KCAC | NO WORKOUTS | PG: 5:45-7P AG: 5:45-7:30P POW: 5:45-7:30P | AG: 8:30-10A KM POW: 10A-NOON MR |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| PG:10-11:30A NH OR 2:30-4 KM/MR | MEMORIAL DAY PG: OFF AG: OFF POW: 9-11A EV | PG: OFF AG: 5:30-7:30P KCAC POW: 5:45-7:30P | PG: 5:45-7P AG: 5:45-7:30P POW: 6-8P KCAC | NO WORKOUTS | PG: 5:45-7P AG: 5:45-7:30P POW: 5:45-7:30P | AG: 8:30-10A KM POW: 10A-NOON MR |
| | | Notes: | | | | |
| VAST SUMMER SPRINTS PG:10-11:30A NH OR 2:30-4 KM/MR | | | | | | |