

FREMONT FLASH

OUTDOOR TRACK AND FIELD

2009 SCHEDULE

SUNDAY, APRIL 5TH-	PRACTICE
SUNDAY, APRIL 12TH-	EASTER- NO PRACTICE
SUNDAY, APRIL 19TH-	PRACTICE
SUNDAY, APRIL 26TH-	*FREMONT ROSS LITTLE GIANTS TRACK AND FIELD CLINIC- 6:00 PM @ FREMONT ROSS TRACK*
SUNDAY, MAY 3RD-	TIME TRIALS
SUNDAY, MAY 10TH-	MOTHER'S DAY- NO PRACTICE
THURSDAY, MAY 14TH-	PRACTICE
SUNDAY, MAY 17TH-	PRACTICE
THURSDAY, MAY 21ST-	PRACTICE
SUNDAY, MAY 24TH-	MEMORIAL DAY WEEKEND- NO PRACTICE
THURSDAY, MAY 28TH-	PRACTICE
SUNDAY, MAY 31ST-	* FREMONT FLASH INVITATIONAL TRACK MEET- FREMONT 3:00 PM*
THURSDAY, JUNE 4TH-	PRACTICE
SATURDAY, JUNE 6TH-	*DASH THROUGH THE PARK- 10:00 AM @ RODGER YOUNG PARK*
SUNDAY, JUNE 7TH-	PRACTICE
THURSDAY, JUNE 11TH-	PRACTICE
SATURDAY, JUNE 13TH-	* HERSHEY TRACK AND FIELD LOCAL MEET- 11:00 AM @ FREMONT ROSS TRACK*
SUNDAY, JUNE 14TH-	PRACTICE
JUNE 15TH TO JUNE 19TH-	*CAMP ENDURANCE 2009- DISTANCE RUNNING CAMP @ FREMONT REC COMPLEX, 9:00 AM TO 12:00 PM*
THURSDAY, JUNE 18TH-	PRACTICE
SATURDAY, JUNE 20TH-	*31ST ANNUAL CAMELBACK RUN- 8:30 AM @ FREMONT REC COMPLEX. 4 MILE RUN, 2K AND 1K YOUTH RACES*
SUNDAY, JUNE 21ST-	FATHER'S DAY-NO PRACTICE
WEDNESDAY, JUNE 24TH-	AWARDS NIGHT/SWIM@ FREMONT REC COMPLEX 7:00 PM
SATURDAY, JUNE 27TH-	*IRONKID DUATHLON- 10:00AM @ FREMONT REC COMPLEX*
SATURDAY, JULY 11TH-	*HERSHEY TRACK AND FIELD STATE MEET- JESSE OWENS MEMORIAL TRACK STADIUM, OHIO STATE UNIVERISTY (QUALIFIERS FROM FREMONT HERSHEY TRACK AND FIELD LOCAL MEET)*
SATURDAY, JULY 18TH-	*DAVID GUARDIOLA MEMORIAL TRACK AND FIELD MEET- FREMONT ROSS TRACK (REGISTER AND MEET INFO AT WWW.DAVIDJOHNGUARDIOLA.COM)*

- All practices will be held at the Fremont Ross High School Track from 6:00 pm to 7:00 pm, unless otherwise noted. Some practices may run over, but will generally be over at 7:00 pm.
- **In case of inclement weather, contact the Fremont Parks and Recreation Department at (419) 334-5906 for cancellation information. Decisions regarding cancellations will not be made until 4:00 pm on the day of the practice and 2 hours prior to the start of any race or meet.**
- Participants are asked to dress appropriately for the weather and bring a water bottle to each practice.
- Participation in Meets and other events is *not mandatory*, but encouraged. They are scheduled so that the participants have the opportunity to utilize what they have learned in a competitive setting.
- All Meet fees and other entry fees (when charged) are the responsibility of the participant.
- **ALL MEET DATES ARE SUBJECT TO CHANGE. IF A CHANGE DOES OCCUR, AS MUCH ADVANCE NOTICE AS POSSIBLE WILL BE GIVEN.**
- Any questions can be directed to Marc at the Fremont Parks and Recreation Department, (419) 334-5906.

“ BUILDING CHAMPIONS SINCE 2002 ”

