

# NOVA A.C. Spring 2011 Key Dates

Updated 3-27-2011

Practices are held each Tuesday, Thursday (6.30 – 7.45pm) and Sunday (3-4.30pm), except as noted below. All dates are tentative and subject to change.

Sunday, March 20	Season Opens - Practice Broad Run High School 3-4:30pm
Tuesday, March 22	First mid week practice 6:30-7:45pm Farmwell Station Middle school
Saturday, April 9	<b>NOVA A.C. Invitational Meet</b> BRHS. Time 10:00am Rain date Sunday, April 10 3:00pm (NOVA A.C. only)
Sunday, April 17	<b>PRR Meet 4:00pm</b> South Lakes High School
April 18 – April 22	<b>Spring Break – Practice Optional</b>
Sunday, April 24	<b>No Practice</b>
Saturday, April 30	<b>Loudoun Track &amp; Field Meet</b> BRHS 3:00pm Advanced athletes only (Optional) –Sonic Boom Invitational, Fort Belvoir
Saturday, May 7	Advanced Athletes Only (Optional) Marlboro Invitational , Douglas High School, Upper Malboro, MD, or 747 Invitational , Suitland H.S.
Sunday, May 8	<b>Mother's Day – No Practice</b>
Saturday May 14	Advanced Athletes Only (Optional) Glenarden Track Club Invitational, Landover, or Cobra Invitational Alumni Invitational, West Potomac High School, Alexandria
Saturday, May 21	<b>Loudoun Track &amp; Field Meet</b> BRHS 3:00pm Advance Athletes only - Choice of 4 invitationals
Sunday, May 22	<b>Hershey Local Meet</b> , (9-14) Heritage H.S.Leesburg 2:00pm
Wednesday, May 25	Hershey Local meet make up date Heritage H.S. Leesburg 6:00pm
Saturday , May 28	Advanced Athletes Only (Optional) Choice of 2 Invitationals
Sunday, May 29	<b>PVTC All- comers Meet</b> , Falls Church 9:00am (Memorial Day Weekend)
Saturday, June 4	<b>Hershey District Meet</b> 10:00 a.m. (date tentative, but most likely) (9-14 years only)
Sunday, June 5	<b>Possible date for End of Season Party</b>
Thursday, June 9	<b>Last day of training for participants who have not</b>

**qualified for Hershey District Finals, and who are not participating in USATF/AAU State Meets or beyond**

Friday, June 10	(Evening) <b>Loudoun Track &amp; Field Meet</b> BRHS 7:00pm
Saturday, June 11	Possible alternate to June 4 date Advanced Athletes Only (Optional) USATF Virginia Meet or Hummingbird Invitational , Charles Flowers HS
Sunday, June 12	<b>PVTC All-comers Meet</b> , Falls Church 9:00am (non-Hershey Participants only) <b>Advanced Athletes Only</b> (Optional) USATF Virginia Meet, Hampton.
Saturday/Sunday June 19/20	Advanced Athletes Only (Optional) USATF Virginia Meet, Hampton (Alternative date).
June 23-26	Advanced Athletes Only (Optional) AAU Region 4 Regional Qualifier , Hagerstown
Saturday, June 25	<b>Hershey State Final</b> 10:00 a.m, Charlottesville
June 28-July 3	Advanced Athletes- Only if qualified USA Youth Outdoor Track & Field Championship. Myrtle Beach , SC
July 7-July10	Advanced Athletes- Only if qualified USATF Region 3 Meet, Atlanta, GA
Late July/Early August	National Finals for Hershey, USATF, & AAU –Only if qualified