

MARCH

NOVA AC Spring Track 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11 NOVA AC Practice Starts	12	13
14 Practice Daylight Savings Time	15	16 Practice	17	18 Practice	19	20
21 Practice	22	23 Practice	24	25 Practice	26	27
28 Practice Palm Sunday	29 Spring Break	30 Practice Passover Begins Spring Break	31 Spring Break			



Athletic Club

APRIL

NOVA AC Spring Track 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice Spring Break	2 Spring Break	3
4 NO PRACTICE Easter	5	6 Practice	7	8 Practice	9	10
11 Practice	12	13 Practice	14	15 Practice	16	17
18 Best Times Invitational, Chantilly HS (2:00-6:00pm)	19	20 Practice	21	22 Practice	23	24
25 Practice	26	27 Practice	28	29 Practice	30	



MAY**NOVA AC Spring Track 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Practice	3	4 Practice	5	6 Practice	7	8 LTFC#1, Broad Run HS, 3pm (NOTE: This meet could change to 5/9)
9 Practice Mother's Day	10	11 Practice	12	13 Practice	14	15
16 PVTTC #1, 8:30 am, Falls Church HS	17	18 Practice	19	20 Practice	21	22
23 Hershey Loudoun Heritage HS, 2pm start, 1pm check-in	24	25 Practice	26	27 Practice	28	29
30 PVTTC #2, 8:30 am, Falls Church HS	31 Memorial Day					



JUNE


NOVA AC Spring Track 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Practice	4	5 Hershey District, Noakesville, VA; Check in 8:00 a.m.; Meet starts at 9:00 a.m.
6	7	8 Practice	9	10 Practice	11 LTFC#2 Broad Run HS, 7:00pm	12
13 PVTC #3, 8:30 am, Falls Church HS	14	15 Practice	16	17 Practice	18	19
20 Father's Day; Practice	21	22 Practice	23	24 Practice; AAU Qualifier	25 AAU Qualifier	26 Hershey State, Charlottesville 11am; AAU Qualifier
27 PVTC #4, 8:30 am, Falls Church HS; AAU Qualifier	28	29 Practice (Summer season OR qualifiers for National Meets)	30			



JULY

NOVA AC Spring Track 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Athletic Club				1 Practice	2	3
4 Practice	5	6 Practice	7	8 Practice	9	10 PVTC #5, 8:30 am, Falls Church HS
11 Practice	12	13 Practice	14	15 Practice	16	17 PVTC #6, 8:30 am, Falls Church HS
18 Practice	19	20 Practice	21	22 Practice	23	24
25 Practice	26	27 Practice USATF Nat'l Champs, Sacramento, CA (start)	28 USATF Nat'l Champs (cont.)	29 Practice USATF Nat'l Champs (cont.)	30 USATF Nat'l Champs (cont.) & AAU Jr. Olympics, Norfolk, VA (start)	31 USATF Nat'l Champs (cont.) & AAU Jr. Olympics (cont.)

AUGUST

NOVA AC Spring Track 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 USATF Nat'l Champs (end) & AAU Jr. Olympics (cont.)	2 AAU Jr. Olympics (cont.)	3 AAU Jr. Olympics (cont.)	4 AAU Jr. Olympics (cont.)	5 AAU Jr. Olympics (cont.)	6 AAU Jr. Olympics (cont.)	7 PVTC #7, 8:30 am, Falls Church HS & AAU (end)
8 Practice	9	10 Practice	11	12 Practice	13	14
15 Practice	16	17 Practice	18	19 Practice	20	21
22 PVTC #8, 8:30 am, Falls Church HS	23	24 Practice	25	26 Practice	27	28
29 Practice	30	31 Practice				



Athletic Club