**Track & Field**

**Practice Starting Date – March 13, 2023**

 **Meet Time - 3:15 p.m.**

# Thursday - March 30, 2023 Kenmore @ Williamsburg

#  D. Hamm @ Swanson

 Jefferson @ Gunston

Thursday - April 13, 2023 Gunston @ Kenmore

 Swanson @ Jefferson

Williamsburg @ D. Hamm

Tuesday - April 18, 2023 D. Hamm @ Kenmore

 Swanson @ Gunston

 Williamsburg @ Jefferson

Thursday - April 20, 2023 Gunston @ Williamsburg

 Jefferson @ D. Hamm

 Kenmore @ Swanson

Tuesday - April 25, 2023 D. Hamm @ Gunston

 Kenmore @ Jefferson

 Swanson @ Williamsburg

Thursday - April 27, 2023 **Country (Field Events)** @ Swanson 1 PM

Tuesday - May 2, 2022  **Country (Running Events)**

 @ Swanson 1 PM

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rev. 6/13/22