

# January 2016

## Georgetown Track & Field Fall/ Winter Training 2015—2016



Sun      Mon      Tue      Wed      Thu      Fri      Sat

					1	2
3	4	5	6 TRACK 3:15—4:30 PM	7 TRACK 3:15-4:30 PM	8	9
10	11 TRACK 3:15—4:30 PM	12	13 TRACK 3:15—4:30 PM	14 TRACK 3:15—4:30 PM	15	16
17	18	19 WEIGHT ROOM 3:15—4:30 PM	20	21 WEIGHT ROOM 3:15—4:30 PM	22	23
24	25 WEIGHT ROOM 3:15—4:30 PM	26	27 WEIGHT ROOM 3:15—4:30 PM	28 WEIGHT ROOM 3:15—4:30 PM	29	30
31						

### Spring Sports

**July 31 - September 4, 2015**

Closed Season

**September 5 - November 1, 2015**

Open Season

**November 2 - December 6, 2015**

Closed Season

**December 7 - January 16, 2016**

Open Season

**January 17 - January 31, 2016**

Closed Season

**February 1 - Last Contest**

In-Season

**Last Contest - Championship**

Closed Season

**Day after Championship – May 31, 2016**

Open Season

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