



Registration is closed. Please call Coach J at 509-720-3234 if you'd like to speak with him.

Thanks.



# December 2022

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1	2	3
					Practice: EWU Fieldhouse 6:00 PM - 7:30 PM	
4	5	6	7	8	9	10
Practice: EWU Fieldhouse 12:00 PM- 2:00 PM			Practice: THE PODIUM 6:30 PM - 8:00 PM		Practice: EWU Fieldhouse 6:00 PM - 7:30 PM	
11	12	13	14	15	16	17
	Practice: THE PODIUM 6:30 PM - 8:00 PM		Practice: THE PODIUM 6:30 PM - 8:00 PM		Practice: EWU Fieldhouse 6:00 PM - 7:30 PM	MEET: All Comers at The Podium
18	19	20	21	22	23	24
	Practice: THE PODIUM 6:30 PM - 8:00 PM		Practice: THE PODIUM 6:30 PM - 8:00 PM			
25	26	27	28	29	30	31

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# January 2023

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2	3	4	5	6	7
	Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM		Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM		Practice: <b>EWU Fieldhouse</b> 6:00 PM - 7:30 PM	
8	9	10	11	12	13	14
Practice: <b>EWU Fieldhouse</b> 12:00 PM- 2:00 PM	Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM		Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM			<b>MEET:</b> <b>High School Invite</b> <b>at The Podium</b>
15	16	17	18	19	20	21
<b>MEET:</b> <b>High School Invite</b> <b>at The Podium</b>	Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM		Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM		Practice: <b>EWU Fieldhouse</b> 6:00 PM - 7:30 PM	
22	23	24	25	26	27	28
Practice: <b>EWU Fieldhouse</b> 12:00 PM- 2:00 PM	Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM		Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM		Practice: <b>EWU Fieldhouse</b> 6:00 PM - 7:30 PM	
29	30	31				
Practice: <b>EWU Fieldhouse</b> 12:00 PM- 2:00 PM						

<b>Notes</b>	
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# February 2023

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM		Practice: <b>EWU Fieldhouse</b> 6:00 PM - 7:30 PM	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>BTC All COMERS</b> <b>MEET: Montana State University Brick Breeden Fieldhouse</b>	Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM		Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM		Practice: <b>EWU Fieldhouse</b> 6:00 PM - 7:30 PM	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Practice: <b>EWU Fieldhouse</b> 12:00 PM- 2:00 PM	Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM			<b>MEET:</b> <b>SIMPLOT GAMES</b> <b>Holt Arena Stadium</b>	<b>MEET:</b> <b>SIMPLOT GAMES</b> <b>Holt Arena Stadium</b>	<b>MEET:</b> <b>SIMPLOT GAMES</b> <b>Holt Arena Stadium</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
			Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM		Practice: <b>EWU Fieldhouse</b> 6:00 PM - 7:30 PM	
<b>26</b>	<b>27</b>	<b>28</b>				
	Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM					

<b>Notes</b>	
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# U 2023

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1	2	3	4
			Practice: <b>THE PODIUM</b> 6:30 PM - 8:00 PM		<b>MEET: West Coast Championships at The Podium</b>	<b>MEET: West Coast Championships at The Podium</b>
5	6	7	8	9	10	11
					Practice: <b>EWU Fieldhouse</b> 6:00 PM - 7:30 PM	
12	13	14	15	16	17	18
Practice: <b>EWU Fieldhouse</b> 12:00 PM- 2:00 PM					<b>MEET: USATF Jr. Olympic Indoor Nationals at North Healthcare Sports &amp; Learning Center</b>	<b>MEET: USATF Jr. Olympic Indoor Nationals at North Healthcare Sports &amp; Learning Center</b>
19	20	21	22	23	24	25
<b>MEET: USATF Jr. Olympic Indoor Nationals at North Healthcare Sports &amp; Learning Center</b>						
26	27	28	29	30	31	

<b>Notes</b>	
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