

Lightning Spikes Track Club 2010 Schedule

October

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i> 1	<i>Fri</i> 2	<i>Sat</i> 3
4	5	6	7	8	9	10 Pro Performance Fitness 10a – 11a
11	12	13	14	15	16	17 Pro Performance Fitness 10a – 11a
18	19	20	21	22	23	24 Pro Performance Fitness 10a – 11a
25	26	27	28	29	30	31 Pro Performance Fitness 10a – 11a

Lightning Spikes Track Club

2009

Lightning Spikes Track Club 2010 Schedule

November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3	4	5	6	7 Pro Performance Fitness 10a – 11a
8	9	10	11	12	13	14 Pro Performance Fitness 10a – 11a
15	16	17	18	19	20	21 Pro Performance Fitness 10a – 11a
22	23	24	25	26	27	28
29	30					

THANKSGIVING

2009

Lightning Spikes Track Club 2010 Schedule

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i> 1	<i>Wed</i> 2	<i>Thu</i> 3	<i>Fri</i> 4	<i>Sat</i> 5
						Pro Performance Fitness 10a – 11a
6	7	8	9	10	11	12
						Pro Performance Fitness 10a – 11a
13	14	15	16 High School Final Exam	17 High School Final Exam	18 High School Final Exam	19
						Pro Performance Fitness 10a – 11a
20	21	22	23	24	25	26
					CHRISTMAS	
27	28	29	30	31		

2009

Lightning Spikes Track Club 2010 Schedule

January

Sun	Mon	Tue	Wed	Thu	Fri 1	Sat 2
					NEW YEARS DAY	
3	4	5	6	7	8	9 Pro Performance Fitness 10a – 11a
10	11 Berkmar High School 6:30p – 8:00p Parents Meeting 7:00p – 8:00p	12	13 Berkmar High School 6:30p – 7:30p	14 Berkmar High School 6:30p – 7:30p	15	16 Pro Performance Fitness 10a – 11a Berkmar High School 2:00p – 4:00p
17	18 MLK HOLIDAY	19	20 Berkmar High School 6:30p – 7:30p Testing 8 th	21 Berkmar High School 6:30p – 7:30p	22	23 Pro Performance Fitness 10a – 11a Berkmar High School 2:00p – 4:00p
24	25	26	27 Berkmar High School 6:30p – 7:30p	28 Berkmar High School 6:30p – 7:30p	29	30 Pro Performance Fitness 10a – 11a Berkmar High School 2:00p – 4:00p
31						

2010

Lightning Spikes Track Club 2010 Schedule

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2	3	4	5	6
			Berkmar High School 6:30p – 7:30p	Berkmar High School 6:30p – 7:30p		Pro Performance Fitness 10a – 11a Berkmar High School 2:00p – 4:00p
7	8	9	10	11	12	13
			Berkmar High School 6:30p – 7:30p	Berkmar High School 6:30p – 7:30p		Pro Performance Fitness 10a – 11a Berkmar High School 2:00p – 4:00p
14	15	16	17	18	19	20
			Berkmar High School 6:30p – 7:30p	Berkmar High School 6:30p – 7:30p		Berkmar High School 2:00p – 4:00p
21	22	23	24	25	26	27
		Berkmar High School 6:30p – 7:30p	Berkmar High School 6:30p – 7:30p	Berkmar High School 6:30p – 7:30p		Crystal League Meet #1
28						

2010

Lightning Spikes Track Club 2010 Schedule

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2	3 Testing 5 th	4	5	6
		Berkmar High School 6:30p –8:00p	Berkmar High School 6:30p –8:00p	Berkmar High School 6:30p –8:00p		
7	8	9	10	11	12	13
		Berkmar High School 6:30p –8:00p	Berkmar High School 6:30p –8:00p	Berkmar High School 6:30p –8:00p		Crystal League Meet #2
14	15	16	17 Testing 4 th and 7 th	18	19	20
Daylight Savings		Berkmar High School 6:30p –8:00p	Berkmar High School 6:30p –8:00p	Berkmar High School 6:30p –8:00p		Berkmar High School 2:00p –4:00p
21	22 High School Graduation Exam 11 th	23 High School Graduation Exam 11 th	24 High School Graduation Exam 11 th	25 High School Graduation Exam 11 th	26	27
	Berkmar High School 6:30p –8:00p	Berkmar High School 6:30p –8:00p	Berkmar High School 6:30p –8:00p	Berkmar High School 6:30p –8:00p		Crystal League Meet #3
28	29	30	31			
	Berkmar High School 6:30p –8:00p	Berkmar High School 6:30p –8:00p	Berkmar High School 6:30p –8:00p			

2010

Lightning Spikes Track Club 2010 Schedule

April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i> 1	<i>Fri</i> 2	<i>Sat</i> 3
					Student Holiday	Berkmar High School 2:00p – 4:00p
4	5 Berkmar High School 6:30p – 8:00p	6 Berkmar High School 6:30p – 8:00p	7 Berkmar High School 6:30p – 8:00p	8 Berkmar High School 6:30p – 8:00p	9	10 Crystal League Meet #4
11	12 CRCT 1 st -2 nd Gateway 10 th Berkmar High School 6:30p – 8:00p	13 CRCT 1 st -2 nd Gateway 10 th Berkmar High School 6:30p – 8:00p	14 CRCT 1 st -2 nd Gateway 10 th Berkmar High School 6:30p – 8:00p	15 CRCT 1 st -2 nd Gateway 10 th Berkmar High School 6:30p – 8:00p	16 CRCT 1 st -2 nd Gateway 10 th	17 Crystal League Championship Meet
18 Crystal League Championship Meet	19 CRCT 3 rd , 5 th , 6 th , 8 th	20 CRCT 3 rd , 5 th , 6 th , 8 th Berkmar High School 6:30p – 7:30p	21 CRCT 3 rd , 5 th , 6 th , 8 th Berkmar High School 6:30p – 7:30p	22 CRCT 3 rd , 5 th , 6 th , 8 th Berkmar High School 6:30p – 7:30p	23 CRCT 3 rd , 5 th , 6 th , 8 th	24 Berkmar High School 2:00p – 4:00p
25 LSTC Team Dedication New Mercies Christian Church	26 Berkmar High School 6:30p – 8:30p	27 Berkmar High School 6:30p – 8:30p	28 Berkmar High School 6:30p – 8:30p	29 Berkmar High School 6:30p – 8:30p	30	

2010

Lightning Spikes Track Club 2010 Schedule

May

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 Sapphire Invitational Meet
2	3	4 Berkmar High School 6:30p – 8:30p	5 Berkmar High School 6:30p – 8:30p	6 Berkmar High School 6:30p – 8:30p	7	8 Berkmar High School 2:00p – 4:00p
9	10 Berkmar High School 6:30p – 8:30p	11 Berkmar High School 6:30p – 8:30p	12 Berkmar High School 6:30p – 8:30p	13 Berkmar High School 6:30p – 8:30p	14	15 Track Phi Track Elite Invitational Meet
16 Track Phi Track Elite Invitational Meet	17 Berkmar High School 6:30p – 8:30p	18 Berkmar High School 6:30p – 8:30p	19 Berkmar High School 6:30p – 8:30p	20 Berkmar High School 6:30p – 8:30p	21	22 Boys and Girls Club Invitational Meet
23 Boys and Girls Club Invitational Meet	24 High School Final Exams Berkmar High School 6:30p – 8:30p	25 High School Final Exams Berkmar High School 6:30p – 8:30p	26 High School Final Exams Last Day of School Berkmar High School 6:30p – 8:30p	27 Berkmar High School 6:30p – 8:30p	28 BAYTAF Tampa, FL	29 BAYTAF Tampa, FL Practice (athletes not attending BAYTAF) Berkmar High School 6:30p – 8:30p
30 BAYTAF Tampa, FL	31					

2010

Lightning Spikes Track Club 2010 Schedule

June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i> 1	<i>Wed</i> 2	<i>Thu</i> 3	<i>Fri</i> 4	<i>Sat</i> 5
		Berkmar High School 6:30p – 8:30p	Berkmar High School 6:30p – 8:30p	Berkmar High School 6:30p – 8:30p		Berkmar High School 2:00p – 4:00p
6	7 Berkmar High School 6:30p – 8:30p	8 Berkmar High School 6:30p – 8:30p	9 Berkmar High School 6:30p – 8:30p	10 Berkmar High School 6:30p – 8:30p	11	12 AAU District Qualifying Meet Augusta, GA
13 AAU District Qualifying Meet Augusta, GA	14	15 Berkmar High School 6:30p – 8:30p	16 Berkmar High School 6:30p – 8:30p	17 Berkmar High School 6:30p – 8:30p	18	19 Berkmar High School 2:00p – 4:00p
20	21 Berkmar High School 6:30p – 8:30p	22 Berkmar High School 6:30p – 8:30p	23 Berkmar High School 6:30p – 8:30p	24 Berkmar High School 6:30p – 8:30p	25	26 AAU National Qualifying Meet Augusta, GA
27 AAU National Qualifying Meet Augusta, GA	28	29 Berkmar High School 6:30p – 8:30p	30 Berkmar High School 6:30p – 8:30p			

2010

Lightning Spikes Track Club 2010 Schedule

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i> 1	<i>Fri</i> 2	<i>Sat</i> 3
				Berkmar High School 6:30p – 8:30p		
4	5	6	7	8	9	10
		Berkmar High School 6:30p – 8:30p	Berkmar High School 6:30p – 8:30p	Berkmar High School 6:30p – 8:30p		Berkmar High School 2:00p – 4:00p
11	12	13	14	15	16	17
	Berkmar High School 6:30p – 8:30p	Berkmar High School 6:30p – 8:30p	Berkmar High School 6:30p – 8:30p	Berkmar High School 6:30p – 8:30p		Titans Invitational
18	19	20	21	22	23	24
	Berkmar High School 6:30p – 8:30p	Berkmar High School 6:30p – 8:30p	Berkmar High School 6:30p – 8:30p	Berkmar High School 6:30p – 8:30p		Smart Pre-National Meet
25	26	27	28	29	30	31
	Berkmar High School 6:30p – 8:30p	Berkmar High School 6:30p – 8:30p	Berkmar High School 6:30p – 8:30p	Berkmar High School 6:30p – 8:30p		AAU Junior Olympics Norfolk, VA

2010

Lightning Spikes Track Club 2010 Schedule

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3	4	5	6	7
AAU Junior Olympics Norfolk, VA	AAU Junior Olympics Norfolk, VA	AAU Junior Olympics Norfolk, VA	AAU Junior Olympics Norfolk, VA	AAU Junior Olympics Norfolk, VA	AAU Junior Olympics Norfolk, VA	AAU Junior Olympics Norfolk, VA
8	9	10	11	12	13	14
15	16	17	18	19	20	21
LSTC Annual Banquet						
22	23	24	25	26	27	28
29	30	31				

2010

Lightning Spikes Track Club 2010 Schedule

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i> 1	<i>Thu</i> 2	<i>Fri</i> 3	<i>Sat</i> 4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Lightning Spikes Track Club

2010

Lightning Spikes Track Club 2010 Schedule

October

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i> 1	<i>Sat</i> 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Lightning Spikes Track Club

2010