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| September | 2024 |
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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  | 1 |
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| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |  |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  |  |  |  |  |  |  |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  |  |  |  |  |  |  |
| 23  **1st Day of Practice**   * **Oshawa**   5:00pm – 6:00pm Grade 5 and Under  6:00pm – 7:30pm Grade 6 and Older   * **Pickering**   All Ages 6:00pm -7:30pm | 24   * **Bowmanville**   4:30pm – 5:30pm Grade 5 and Under  5:30pm – 7:00pm Grade 6 and Older  Throws and Jumps 5:30pm – 7:30pm | 25   * **Oshawa**   5:00pm – 6:00pm Grade 5 and Under  6:00pm – 7:30pm Grade 6 and Older   * **Pickering**   All Ages 6:00pm -7:30pm | 26   * **Bowmanville**   4:30pm – 5:30pm Grade 5 and Under  5:30pm – 7:00pm Grade 6 and Older  Throws and Jumps 5:30pm – 7:30pm | 27 | 28 | 29 |
|  |  |  |  |  |  |  |
| 30   * **Oshawa**   5:00pm – 6:00pm Grade 5 and Under  6:00pm – 7:30pm Grade 6 and Older   * **Pickering**   All Ages 6:00pm -7:30pm |  |  |  |  |  |  |
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| Events | Practices Oshawa – Paul Dwyer High School  Pickering – St. Mary’s High School  Bowmanville – Clarington Central  High School Track | Track Meets York University – 231 Ian McDonald | Jumps and Throws Bowmanville – Clarington Central High School Track |