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| September | 2024 |
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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  |  |
| 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 Under6:00pm – 7:30pm Grade 6 and Older* **Pickering**

All Ages 6:00pm -7:30pm | 24* **Bowmanville**

4:30pm – 5:30pm Grade 5 and Under5:30pm – 7:00pm Grade 6 and OlderThrows and Jumps 5:30pm – 7:30pm | 25* **Oshawa**

5:00pm – 6:00pm Grade 5 and Under6:00pm – 7:30pm Grade 6 and Older* **Pickering**

All Ages 6:00pm -7:30pm | 26* **Bowmanville**

4:30pm – 5:30pm Grade 5 and Under5:30pm – 7:00pm Grade 6 and OlderThrows and Jumps 5:30pm – 7:30pm | 27 | 28 | 29 |
|  |  |  |  |  |  |  |
| 30* **Oshawa**

5:00pm – 6:00pm Grade 5 and Under6:00pm – 7:30pm Grade 6 and Older* **Pickering**

All Ages 6:00pm -7:30pm |  |  |  |  |  |  |
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| Events | Practices Oshawa – Paul Dwyer High SchoolPickering – St. Mary’s High SchoolBowmanville – Clarington Central High School Track | Track Meets York University – 231 Ian McDonald  | Jumps and ThrowsBowmanville – Clarington Central High School Track  |