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| October | 2024 |
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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | 1   * **Bowmanville**   4:30pm – 5:30pm Grade 5 and Under  5:30pm – 7:00pm Grade 6 and Older  Throws and Jumps 5:30pm – 7:30pm | 2   * **Oshawa**   5:00pm – 6:00pm Grade 5 and Under  6:00pm – 7:30pm Grade 6 and Older   * **Pickering**   All Ages 6:00pm -7:30pm | 3   * **Bowmanville**   4:30pm – 5:30pm Grade 5 and Under  5:30pm – 7:00pm Grade 6 and Older  Throws and Jumps 5:30pm – 7:30pm | 4 | 5 | 6 |
|  |  |  |  |  |  |  |
| 7   * **Oshawa**   5:00pm – 6:00pm Grade 5 and Under  6:00pm – 7:30pm Grade 6 and Older   * **Pickering**   All Ages 6:00pm -7:30pm | 8   * **Bowmanville**   4:30pm – 5:30pm Grade 5 and Under  5:30pm – 7:00pm Grade 6 and Older  Throws and Jumps 5:30pm – 7:30pm | 9   * **Oshawa**   5:00pm – 6:00pm Grade 5 and Under  6:00pm – 7:30pm Grade 6 and Older   * **Pickering**   All Ages 6:00pm -7:30pm | 10   * **Bowmanville**   4:30pm – 5:30pm Grade 5 and Under  5:30pm – 7:00pm Grade 6 and Older  Throws and Jumps 5:30pm – 7:30pm | 11 | 12 | 13 |
|  |  |  |  |  |  |  |
| 14   * **Oshawa**   5:00pm – 6:00pm Grade 5 and Under  6:00pm – 7:30pm Grade 6 and Older   * **Pickering**   All Ages 6:00pm -7:30pm | 15   * **Bowmanville**   4:30pm – 5:30pm Grade 5 and Under  5:30pm – 7:00pm Grade 6 and Older  Throws and Jumps 5:30pm – 7:30pm | 16   * **Oshawa**   5:00pm – 6:00pm Grade 5 and Under  6:00pm – 7:30pm Grade 6 and Older   * **Pickering**   All Ages 6:00pm -7:30pm | 17   * **Bowmanville**   4:30pm – 5:30pm Grade 5 and Under  5:30pm – 7:00pm Grade 6 and Older  Throws and Jumps 5:30pm – 7:30pm | 18 | 19 | 20 |
|  |  |  |  |  |  |  |
| 21   * **Oshawa**   5:00pm – 6:00pm Grade 5 and Under  6:00pm – 7:30pm Grade 6 and Older   * **Pickering**   All Ages 6:00pm -7:30pm | 22   * **Bowmanville**   4:30pm – 5:30pm Grade 5 and Under  5:30pm – 7:00pm Grade 6 and Older  Throws and Jumps 5:30pm – 7:30pm | 23   * **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 | 26 | 27 |
|  |  |  |  |  |  |  |
| 28   * **Oshawa**   5:00pm – 6:00pm Grade 5 and Under  6:00pm – 7:30pm Grade 6 and Older   * **Pickering**   All Ages 6:00pm -7:30pm | 29   * **Bowmanville**   4:30pm – 5:30pm Grade 5 and Under  5:30pm – 7:00pm Grade 6 and Older  Throws and Jumps 5:30pm – 7:30pm | 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 | 31   * **Bowmanville**   4:30pm – 5:30pm Grade 5 and Under  5:30pm – 7:00pm Grade 6 and Older  Throws and Jumps 5:30pm – 7:30pm | 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 |
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