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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 Under5:30pm – 7:00pm Grade 6 and OlderThrows and Jumps 5:30pm – 7:30pm | 2* **Oshawa**

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

All Ages 6:00pm -7:30pm | 3* **Bowmanville**

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

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

All Ages 6:00pm -7:30pm | 8* **Bowmanville**

4:30pm – 5:30pm Grade 5 and Under5:30pm – 7:00pm Grade 6 and OlderThrows and Jumps 5:30pm – 7:30pm | 9* **Oshawa**

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

All Ages 6:00pm -7:30pm | 10* **Bowmanville**

4:30pm – 5:30pm Grade 5 and Under5:30pm – 7:00pm Grade 6 and OlderThrows and Jumps 5:30pm – 7:30pm | 11 | 12 | 13 |
|  |  |  |  |  |  |  |
| 14* **Oshawa**

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

All Ages 6:00pm -7:30pm | 15* **Bowmanville**

4:30pm – 5:30pm Grade 5 and Under5:30pm – 7:00pm Grade 6 and OlderThrows and Jumps 5:30pm – 7:30pm | 16* **Oshawa**

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

All Ages 6:00pm -7:30pm | 17* **Bowmanville**

4:30pm – 5:30pm Grade 5 and Under5:30pm – 7:00pm Grade 6 and OlderThrows and Jumps 5:30pm – 7:30pm | 18 | 19 | 20 |
|  |  |  |  |  |  |  |
| 21* **Oshawa**

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

All Ages 6:00pm -7:30pm | 22* **Bowmanville**

4:30pm – 5:30pm Grade 5 and Under5:30pm – 7:00pm Grade 6 and OlderThrows and Jumps 5:30pm – 7:30pm | 23* **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 | 26 | 27 |
|  |  |  |  |  |  |  |
| 28* **Oshawa**

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

All Ages 6:00pm -7:30pm | 29* **Bowmanville**

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

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

All Ages 6:00pm -7:30pm | 31* **Bowmanville**

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