

FLAMES Team Practice Schedule

2015 Track & Field



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30-7:45pm*	6:30-7:45pm*	6:30-7:45pm*		6:00-7:30pm*	

** For safety purposes, practice times will change as daylight hours and temperature changes occur.
Updates to practice times and cancellations due to weather will be posted and sent via email/text message.*

All team members will need to bring the following to practices:

- Water bottle
- Appropriate footwear and socks
- Sunscreen
- Bug repellent (if desired)

Regular season AAU/USATF developmental league competitions will be held May through June. Nationals and Junior Olympic games (if qualified) are held in July.

2015 FLAMES Competition Schedule

Date	Meet Name	Location	League
MAY 2015			
May 23 rd - 24 th	9 th Annual Mark Trail Memorial	Westlake High School Atlanta, GA	USATF (dev)
May 30 th	Track Phi Track Invitational	Parkview High School Lilburn, GA	USATF (dev)
JUNE 2015			
June 6 th	USATF Area A Preliminary Meet*	Marietta High School Marietta, GA	USATF (JO)
June 11 th – 14 th	AAU Districts/Regional Qualifier*	TBD	AAU (JO)
June 18 th – 24 th	USATF Georgia State Championships*	Mill Creek High School Hoschton, GA	USATF (JO)
June 25 th - 28 th	AAU Regionals**	Eastside High School Taylor, SC	AAU (JO)
JULY 2015			
July 9 th – 12 th	USATF Regionals**	Mill Creek High School Hoschton, GA	USATF (JO)
July 13 th – 19 th	AAU Club Nationals***	ESPN Wide World of Sports Orlando, FL	AAU (JO)
JUNIOR OLYMPICS			
July 27 th – Aug 2 nd	USATF Junior Olympics**	University of North Florida Jacksonville, FL	USATF (JO)
Aug 3 rd – 8 th	AAU Junior Olympics**	Dick Price Stadium Norfolk, VA	AAU (JO)

We will be selecting up to 2 meets in May according to readiness and scheduling.

* *Required to run the next meet in the series*

** *Qualifying performance required except pole vault, javelin, steeplechase and multi-events.*

*** *Optional travel meet*