

Date	Location	Start Time	Activity
Monday, August 26, 2024	Track @ Florence Sports Complex	5:45 p.m.	First Day of Practice Parents' Meeting @ 7:00 pm
Tuesday, August 27, 2024	Track @ Florence Sports Complex	5:45 p.m.	Practice
Thursday, August 29, 2024	Track @ Florence Sports Complex	5:45 p.m.	Practice
Monday, September 2, 2024	Freedom Florence	8:00 a.m.	Labor Day Family Fun Run
Tuesday, September 3, 2024	McLeod Heath & Fitness	5:45 p.m.	Practice
Thursday, September 5, 2024	Track @ Florence Sports Complex	5:45 p.m.	Practice
Monday, September 9, 2024	Freedom Florence	5:45 p.m.	Practice
Tuesday, September 10, 2024	McLeod Heath & Fitness	5:45 p.m.	Practice
Thursday, September 12, 2024	Track @ Florence Sports Complex	5:45 p.m.	Practice
Monday, September 16, 2024	Freedom Florence	5:45 p.m.	Practice
Tuesday, September 17, 2024	McLeod Heath & Fitness	5:45 p.m.	Practice
Thursday, September 19, 2024	Track @ Florence Sports Complex	5:45 p.m.	Practice
Monday, September 23, 2024	Freedom Florence	5:30 p.m.	Practice
Tuesday, September 24, 2024	McLeod Heath & Fitness	5:30 p.m.	Practice
Thursday, September 26, 2024	Track @ Florence Sports Complex	5:30 p.m.	Practice
Monday, September 30, 2024	Freedom Florence	5:30 p.m.	Practice
Tuesday, October 1, 2024	McLeod Heath & Fitness	5:30 p.m.	Practice
Thursday, October 3, 2024	Track @ Florence Sports Complex	5:30 p.m.	Practice
Saturday, October 5, 2024	Florence Track Club Meet (Soccer Complex in Florence, SC)		
Monday, October 7, 2024	Freedom Florence	5:15 p.m.	Practice
Tuesday, October 8, 2024	McLeod Heath & Fitness	5:15 p.m.	Practice
Thursday, October 10, 2024	Track @ Florence Sports Complex	5:15 p.m.	Practice
Saturday, October 12, 2024	Aiken TC Meet (Generations Park in Aiken, SC)		
Monday, October 14, 2024	Freedom Florence	5:15 p.m.	Practice
Tuesday, October 15, 2024	McLeod Heath & Fitness	5:15 p.m.	Practice
Thursday, October 17, 2024	Track @ Florence Sports Complex	5:15 p.m.	Practice
Saturday, October 19, 2024	The Storm TC Meet (Crooked Creek Park in Chapin, SC)		
Monday, October 21, 2024	Freedom Florence	5:00 p.m.	Practice
Tuesday, October 22, 2024	McLeod Heath & Fitness	5:00 p.m.	Practice
Thursday, October 24, 2024	Track @ Florence Sports Complex	5:00 p.m.	Practice
Saturday, October 26, 2024	Mt. Pleasant TC Meet (Park West in Mt. Pleasant, SC)		
Monday, October 28, 2024	Freedom Florence	5:00 p.m.	Halloween Run- wear costumes
Tuesday, October 29, 2024	McLeod Heath & Fitness	5:00 p.m.	Practice
Thursday, October 31, 2024	Halloween- No Practice		
Monday, November 4, 2024	Freedom Florence	4:15 p.m.	Practice
Tuesday, November 5, 2024	McLeod Heath & Fitness	4:15 p.m.	Practice
Thursday, November 7, 2024	Track @ Florence Sports Complex	4:15 p.m.	Practice
Saturday, November 9, 2024	USATF Junior Olympics - SC State Championships (Rock Hill, SC)		
Sunday, November 10, 2024	Pearl Moore Basketball Center	6:00 p.m.	Banquet
Monday, November 11, 2024	Freedom Florence	4:15 p.m.	Practice
Tuesday, November 12, 2024	McLeod Heath & Fitness	4:15 p.m.	Practice
Thursday, November 14, 2024	Track @ Florence Sports Complex	4:15 p.m.	Practice
Monday, November 18, 2024	Freedom Florence	4:15 p.m.	Practice
Tuesday, November 19, 2024	McLeod Heath & Fitness	4:15 p.m.	Practice
Thursday, November 21, 2024	Track @ Florence Sports Complex	4:15 p.m.	Practice
Saturday, November 23, 2024	USATF Junior Olympics - Region 4 Championships (Rock Hill, SC)		
Monday, November 25, 2024	Freedom Florence	4:15 p.m.	Practice
Tuesday, November 26, 2024	McLeod Heath & Fitness	4:15 p.m.	Practice
Thursday, November 28, 2024	Thanksgiving- No Practice		
Monday, December 2, 2024	Freedom Florence	4:15 p.m.	Practice
Tuesday, December 3, 2024	McLeod Heath & Fitness	4:15 p.m.	Practice
Thursday, December 5, 2024	Track @ Florence Sports Complex	4:15 p.m.	Practice
Monday, December 9, 2024	Freedom Florence	4:15 p.m.	Practice
Tuesday, December 10, 2024	McLeod Heath & Fitness	4:15 p.m.	Practice
Thursday, December 12, 2024	No Practice- Travel Day		
Saturday, December 14, 2024	USATF Junior Olympics- National Championships (Louisville, KY)		