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| **March 2019** | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  | **1**  **Indoor State Meet**  **@ Ocean Breeze** | **2**  **Indoor State Meet**  **@ Ocean Breeze** |
| **4**  **Outdoor Season**  **May Begin** | **5**  **Team Mtg.**  **KW Old Gym** | **6** | **7** | **8** | **9**  **SAT EXAM** |
| **11** | **12**  **Practice**  **3:00 at KW** | **13**  **Practice**  **3:00 at KW**  **7:00 Section VI mtg.**  **@ East Aurora** | **14**  **NO PRACTICE**  **FMS PT Conf - Early Dis** | **15**  **Practice**  **3:00 at KW** | **16** |
| **18**  **Practice**  **3:00 at KW** | **19**  **Practice**  **3:00 at KW** | **20**  **Practice**  **3:00 at KW**  **HES PT Conf - Evening** | **21**  **Practice**  **3:00 at KW**  **VLax vs. NW 5:00**  **HES PT Conf - Early Dis** | **22**  **NO PRACTICE**  **HES PT Conf - Early Dis** | **23** |
| **25**  **Practice**  **3:00 at KW**  **VLax vs. Lockport 5:00** | **26**  **Practice**  **3:00 at KW** | **27**  **NO PRACTICE**  **District - Early Dismissal** | **28**  **Practice**  **3:00 at KW**  **VLax vs. Timon 5:00** | **29**  **Practice**  **3:00 at KW** | **30** |

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| **April 2019** | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **1**  **Practice**  **3:00 at Crosby**  **VLax vs. Akron 5:00** | **2**  **Practice**  **3:00 at Crosby** | **3**  **Practice**  **3:00 at Crosby**  **VLax vs. Batavia 5:00** | **4**  **Practice**  **3:00 at Crosby** | **5**  **Practice**  **3:00 at Crosby**  **JVLax vs. St.Joes 5:00** | **6** |
| **8**  **Practice**  **3:00 at Crosby** | **9**  **Practice**  **3:00 at Crosby** | **10**  **Practice**  **3:00 at Crosby**  **VLax vs. Depew 5:00** | **11**  **Dual Meet #1**  **KW @ Lew-Port**  **NO MAKEUP IF CANCELLED**  **JVLax vs. Buffalo 5:00** | **12**  **Practice**  **3:00 at Crosby** | **13**  **ACT EXAM**  **Cheektowaga Relays**  **10:00 meet starts** |
| **15**  **Spring Recess**  **Lew-Port, NF, NT**  **Practice**  **3:00 at Crosby** | **16**  **Spring Recess**  **Lew-Port, NF, NT**  **Practice**  **3:00 at Crosby** | **17**  **Spring Recess**  **Lew-Port, NF, NT**  **Practice**  **3:00 at Crosby** | **18**  **Spring Recess**  **Lew-Port, NF, NT, NW**  **Italy Departs**  **Practice**  **3:00 at Crosby** | **19**  **Spring Recess**  **ALL NFL**  **NO PRACTICE** | **20**  **Spring Recess**  **ALL NFL** |
| **22**  **Spring Recess**  **ALL NFL**  **NO PRACTICE** | **23**  **Spring Recess**  **ALL NFL**  **Practice**  **10:00 at Crosby** | **24**  **Spring Recess**  **ALL NFL**  **Practice**  **10:00 at Crosby** | **25**  **Spring Recess**  **ALL NFL**  **Italy Returns**  **Practice**  **10:00 at Crosby**  **VLax vs. NT 5:00** | **26**  **Spring Recess**  **ALL NFL**  **NO PRACTICE** | **27**  **Spring Recess**  **ALL NFL**  **Buffalo PS Invite**  **10:00 meet start** |
| **29**  **Practice**  **3:00 at Crosby** | **30**  **Dual Meet #2**  **Lockport @KW** |  |  |  |  |

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| **May 2019** | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | **1**  **Practice**  **3:00 at Crosby** | **2**  **Dual Meet #3**  **NFalls @KW**  **??? SENIORS ???**  **Seniors-NYC Trip**  **depart at 12:15am** | **3**  **Hamburg**  **Rodiek Relays**  **4:45 meet start**  **VLax vs. Frontier 5:00** | **4**  **SAT EXAM**  **Lockport JV Meet** |
| **6**  **Practice**  **3:00 at Crosby** | **7**  **Dual Meet #4**  **KW @ NW** | **8**  **Practice**  **3:00 at Crosby** | **9**  **Practice**  **3:00 at Crosby** | **10**  **DISTRICT CONFERENCE DAY**  **Chiavetta’s BBQ** | **11**  **KW Jr. Prom**  **Will-South Invitational**  **10:00 meet start** |
| **13**  **Practice**  **3:00 at Crosby** | **14**  **Dual Meet #5**  **KE @ KW** | **15**  **Practice**  **3:00 at Crosby** | **16**  **Practice**  **3:00 at Crosby** | **17**  **Practice**  **3:00 at Crosby** | **18**  **20th Kenmore**  **Invitational** |
| **20**  **NFL JV Meet**  **at Lockport**  **4:30 start** | **21**  **VARSITY**  **Practice**  **3:00 at Crosby** | **22**  **NFL Varsity**  **Championships**  **at Lew-Port**  **4:00 start** | **23**  **NFL Varsity**  **Championships**  **at Lew-Port**  **4:00 start** | **24**  **Memorial Day Weekend** | **25**  **Memorial Day Weekend** |
| **27**  **Memorial Day** | **28**  **SECTIONAL QUALIFIERS**  **Practice**  **3:00 at Crosby** | **29**  **SECTIONAL QUALIFIERS**  **Practice**  **3:00 at Crosby** | **30**  **SECTIONAL QUALIFIERS**  **Practice**  **3:00 at Crosby** | **31**  **Section VI**  **Championships**  **Williamsville South** |  |

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| **June 2019** | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  | **1**  **SAT EXAM**  **Section VI**  **Championships**  **Williamsville South** |
| **3** | **4**  **STATE QUALIFIERS**  **Practice**  **3:00 at Crosby** | **5**  **STATE QUALIFIERS**  **Practice**  **3:00 at Crosby** | **6**  **STATE QUALIFIERS**  **Practice**  **3:00 at Crosby** | **7**  **NYS**  **Championships**  **Middletown HS** | **8**  **ACT EXAM**  **NYS**  **Championships**  **Middletown HS** |
| **10** | **11** | **12** | **13** | **14** | **15** |
| **17** | **18** | **19** | **20** | **21** | **22** |
| **24** | **25** | **26** | **27** | **28** | **29** |