

# Track & Field

Practice Starting Date – March 13, 2023

Meet Time - 3:15 p.m.

Thursday - March 30, 2023  
Kenmore @ Williamsburg  
D. Hamm @ Swanson  
Jefferson @ Gunston

Thursday - April 13, 2023  
Gunston @ Kenmore  
Swanson @ Jefferson  
Williamsburg @ D. Hamm

Tuesday - April 18, 2023  
D. Hamm @ Kenmore  
Swanson @ Gunston  
Williamsburg @ Jefferson

Thursday - April 20, 2023  
Gunston @ Williamsburg  
Jefferson @ D. Hamm  
Kenmore @ Swanson

Tuesday - April 25, 2023  
D. Hamm @ Gunston  
Kenmore @ Jefferson  
Swanson @ Williamsburg

Thursday - April 27, 2023  
**Country (Field Events)**  
@ Swanson 1 PM

Tuesday - May 2, 2022  
**Country (Running Events)**  
@ Swanson 1 PM