


June/July 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|--|--|----------|
| 16 | 17 | 18 | 19 | 20 | 21 First day of practice! Practice: Milford HS: 7:15-8:30am | 22 |
| 23 | 24 Practice: Milford HS: 7:15-8:30am | 25 | 26 Practice: Milford HS: 7:15-8:30am | 27 | 28 Practice: Milford HS: 7:15-8:30am | 29 |
| 30 | 1 Practice: Milford HS: 7:15-8:30am | 2 Meet Day! Newton 5:30pm Warm Up 6pm Start | 3 Practice: Milford HS: 7:15-8:30am | 4  | 5 No practice | 6 |
| 7 | 8 Practice: Milford HS: 7:15-8:30am | 9 Meet Day! Needham 5:30pm Warm Up 6pm Start | 10 Practice: Milford HS: 7:15-8:30am | 11 Meet Day! Sherborn 5:30pm Warm Up 6pm Start | 12 Practice: Milford HS: 7:15-8:30am | 13 |
| 14 | 15 Practice: Milford HS: 7:15-8:30am | 16 Meet Day! Norwood @ Medfield 5:30pm Warm Up 6pm Start | 17 Practice: Milford HS: 7:15-8:30am | 18 Meet Day! Canton 5:30pm Warm Up 6pm Start | 19 Practice: Milford HS: 7:15-8:30am | 20 |
| 21 | 22 Practice: Milford HS: 7:15-8:30am | 23 Meet Day! Dedham 5:30pm Warm Up 6pm Start | 24 Practice: Milford HS: 7:15-8:30am | 25 No meet! | 26 Mile Relay Practice: Milford HS: 7:15-8:30am | 27 |
| 28 | 29 Practice: Milford HS: 7:15-8:30am | 30 Meet Day! Walpole 5:30pm Warm Up 6pm Start | 31 Practice: Milford HS: 7:15-8:30am | | | |

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