DECEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
Nov 30	Dec 1	Dec 2	Dec 3	Dec 4	Dec 5	Dec 6
	7:30 AM 11:00 AM Penn T&F Practice	6:00 AM 7:30 AM Adult/College Open Run	6:00 AM 7:30 AM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	11:30 AM 5:30 PM Penn Opener Day 2
	11:00 AM 2:00 PM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 1:00 PM Adult/College Open Run	
	2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	2:00 PM 6:30 PM Penn T&F Practice	4:00 PM 8:00 PM Penn Opener Day 1	
	6:30 PM 8:30 PM High School Open Run	2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice			
		6:30 PM 8:30 PM High School Open Run	6:30 PM 8:30 PM Youth (2nd-8th) Open Run			
Dec 7	Dec 8	Dec 9	Dec 10	Dec 11	Dec 12	Dec 13
	7:30 AM 11:00 AM Penn T&F Practice	6:00 AM 7:30 AM Adult/College Open Run	6:00 AM 7:30 AM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	8:00 AM 12:30 PM SJTCA Meet #1
	11:00 AM 2:00 PM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	12:30 PM 3:00 PM Penn T&F Practice
	2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice	
	6:30 PM 8:30 PM High School Open Run	2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice	Hold TBD		
		6:30 PM 10:30 PM Henderson High School 3k	6:30 PM 8:30 PM Youth (2nd-8th) Open Run			
Dec 14	Dec 15	Dec 16	Dec 17	Dec 18	Dec 19	Dec 20
	7:30 AM 11:00 AM Penn T&F Practice	6:00 AM 7:30 AM Adult/College Open Run	6:00 AM 7:30 AM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	8:00 AM 12:30 PM SJTCA Meet #2
	11:00 AM 2:00 PM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	12:30 PM 3:00 PM Penn T&F Practice
	2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice	
	6:30 PM 8:30 PM High School Open Run	2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice	Hold TBD		
		6:30 PM 8:30 PM High School Open Run	6:30 PM 8:30 PM Youth (2nd-8th) Open Run			
Dec 21	Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27
						8:00 AM 12:30 PM SJTCA Meet #3
Dec 28	Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3
					Hold TBD	8:00 AM 12:30 PM SJTCA Meet #4
					1:30 PM 5:00 PM La Salle Boys Meet - Sprints	1:30 PM 5:00 PM Upper Dublin Girls Meet #1 - Sprints
Jan 4	Jan 5	Jan 6	Jan 7	Jan 8	Jan 9	Jan 10
7:30 AM 3:30 PM UAGTCA Meet #1 (2 Blocks)	7:30 AM 11:00 AM Penn T&F Practice	6:00 AM 7:30 AM Adult/College Open Run	6:00 AM 7:30 AM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	12:00 PM 6:00 PM Penn Select
	11:00 AM 2:00 PM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	
	2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice	
	6:30 PM 8:30 PM High School Open Run	2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice	4:00 PM 5:30 PM Young Quakers	6:30 PM 10:00 PM DVGTCA Meet #1	
		6:30 PM 8:30 PM High School Open Run	6:30 PM 10:00 PM La Salle Boys Meet - Distance	Hold TBD		
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JANUARY 2026

	SUN	MON		TUE		WED			THU			FRI			SAT		ΛT	
	Dec 28	П	Dec 29		Dec 29 Dec 30		Dec 31				1	Jan 1	Jan 2			Jan 3		n 3
													Hold 1:30 PM	5:00 PM	TBD La Salle Boys Meet #1 - Sprints		12:30 PM 5:00 PM	SJTCA Meet #4 Jpper Dublin Girls Meet #1 - Sprints
	Jan 4 UAGTCA Meet #1 (2		Jan 5			an 6			an 7			Jan 8			an 9			n 10
7:30 AM	3:30 PM Blocks)	7:30 AM 11:00 AM	Penn T&F Practice			Adult/College Open Run			Adult/College Open Run		11:00 AM	Penn T&F Practice		11:00 AM	Penn T&F Practice	12:00 PM	6:00 PM	Penn Select
		11:00 AM 2:00 PM	Adult/College Open Run		11:00 AM	Penn T&F Practice		11:00 AM	Penn T&F Practice			Adult/College Open Run		2:00 PM	Adult/College Open Run			
		2:00 PM 6:30 PM	Penn T&F Practice	11:00 AM	2:00 PM	Adult/College Open Run		2:00 PM	Adult/College Open Run	2:00 PM	6:30 PM	Penn T&F Practice	2:00 PM	6:30 PM	Penn T&F Practice			
		6:30 PM 8:30 PM	High School Open Run	2:00 PM	6:30 PM	Penn T&F Practice	2:00 PM	6:30 PM	Penn T&F Practice La Salle Boys Meet #2 -	4:00 PM	5:30 PM	Young Quakers	6:30 PM	10:00 PM	DVGTCA Meet #1			
				6:30 PM	8:30 PM	High School Open Run	6:30 PM	10:00 PM	Distance	Hold		TBD						
	Jan 11		an 12			an 13			n 14			an 15		-	n 16			n 17
7.20 111	HACTCA M. 442 (2			600.114						7.20 134			7.20.124			4 00 PM		
7:30 AM	3:30 PM Blocks)	7:30 AM 11:00 AM	Penn T&F Practice			Adult/College Open Run			Adult/College Open Run		11:00 AM	Penn T&F Practice		11:00 AM	Penn T&F Practice	4:00 PM	8:00 PM	Quaker Invitational
		11:00 AM 2:00 PM 2:00 PM 6:30 PM	Adult/College Open Run		11:00 AM	Penn T&F Practice		11:00 AM	Penn T&F Practice			Adult/College Open Run	11:00 AM		Adult/College Open Run			
			Penn T&F Practice	11:00 AM	2:00 PM	Adult/College Open Run		2:00 PM	Adult/College Open Run	2:00 PM	6:30 PM	Penn T&F Practice	2:00 PM	6:30 PM	Penn T&F Practice			
		6:30 PM 8:30 PM	High School Open Run	2:00 PM 6:30 PM	6:30 PM 8:30 PM	Penn T&F Practice	2:00 PM 6:30 PM	6:30 PM 10:00 PM	Penn T&F Practice Upper Dublin Girls Meet #2	4:00 PM	5:30 PM	Young Quakers	6:30 PM	10:30 PM	T&FCAGP Meet #1			
				6:30 PM	8:30 PM	High School Open Run	0:30 PM	10:00 PM	Distance	6:30 PM	8:30 PM	Youth (2nd-8th) Open Run						
	Jan 18	J	an 19		Js	an 20		J:	n 21		J	an 22		Ja	n 23		Jai	n 24
Hold	Jan 18 TBD	7:30 AM 11:00 AM	Penn T&F Practice	6:00 AM	7:30 AM	an 20 Adult/College Open Run	6:00 AM		n 21 Adult/College Open Run	7:30 AM	11:00 AM	an 22 Penn T&F Practice	7:30 AM	Ja 11:00 AM	n 23 Penn T&F Practice	11:00 AM	7:00 PM	n 24 Penn Elite Day 2
Hold				6:00 AM 7:30 AM						7:30 AM 11:00 AM	11:00 AM		7:30 AM 10:00 AM	11:00 AM		11:00 AM		
Hold		7:30 AM 11:00 AM	Penn T&F Practice		7:30 AM	Adult/College Open Run		7:30 AM 11:00 AM	Adult/College Open Run		11:00 AM	Penn T&F Practice		11:00 AM	Penn T&F Practice	11:00 AM		
Hold		7:30 AM 11:00 AM	Penn T&F Practice	7:30 AM	7:30 AM 11:00 AM	Adult/College Open Run Penn T&F Practice	7:30 AM	7:30 AM 11:00 AM	Adult/College Open Run Penn T&F Practice	11:00 AM 3:00 PM	11:00 AM 2:00 PM	Penn T&F Practice Adult/College Open Run		11:00 AM	Penn T&F Practice	11:00 AM		
Hold		7:30 AM 11:00 AM	Penn T&F Practice	7:30 AM 11:00 AM	7:30 AM 11:00 AM 2:00 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run	7:30 AM 11:00 AM 2:00 PM	7:30 AM 11:00 AM 2:00 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run	11:00 AM 3:00 PM	11:00 AM 2:00 PM 6:00 PM	Penn T&F Practice Adult/College Open Run Penn Elite Pre-Meet		11:00 AM	Penn T&F Practice	11:00 AM		
Hold	TBD	7:30 AM 11:00 AM	Penn T&F Practice	7:30 AM 11:00 AM 2:00 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice	7:30 AM 11:00 AM 2:00 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice	11:00 AM 3:00 PM	11:00 AM 2:00 PM 6:00 PM	Penn T&F Practice Adult/College Open Run Penn Elite Pre-Meet		11:00 AM	Penn T&F Practice	11:00 AM		
Hold		7:30 AM 11:00 AM 2:00 PM 6:30 PM	Penn T&F Practice	7:30 AM 11:00 AM 2:00 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice	7:30 AM 11:00 AM 2:00 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 10:00 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice	11:00 AM 3:00 PM	11:00 AM 2:00 PM 6:00 PM 7:00 PM	Penn T&F Practice Adult/College Open Run Penn Elite Pre-Meet		11:00 AM 7:00 PM	Penn T&F Practice		7:00 PM	Penn Elite Day 2
Hold	TBD	7:30 AM 11:00 AM 2:00 PM 6:30 PM	Penn T&F Practice Penn T&F Practice	7:30 AM 11:00 AM 2:00 PM 6:30 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run	7:30 AM 11:00 AM 2:00 PM 6:30 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 10:00 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice SJTCA Meet #5	11:00 AM 3:00 PM 3:00 PM	11:00 AM 2:00 PM 6:00 PM 7:00 PM	Penn T&F Practice Adult/College Open Run Penn Elite Pre-Meet Penn Elite Multi Day 1	10:00 AM	11:00 AM 7:00 PM	Penn T&F Practice Penn Elite Day 1		7:00 PM	Penn Elite Day 2
	TBD Jan 25	7:30 AM 11:00 AM 2:00 PM 6:30 PM 7:30 AM 11:00 AM 11:00 AM 2:00 PM	Penn T&F Practice Penn T&F Practice	7:30 AM 11:00 AM 2:00 PM 6:30 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run	7:30 AM 11:00 AM 2:00 PM 6:30 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 10:00 PM J: 7:30 AM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice SJTCA Meet #5	11:00 AM 3:00 PM 3:00 PM 7:30 AM 11:00 AM	11:00 AM 2:00 PM 6:00 PM 7:00 PM J 11:00 AM 2:00 PM	Penn T&F Practice Adult/College Open Run Penn Elite Pre-Meet Penn Elite Multi Day 1 an 29 Penn T&F Practice Adult/College Open Run	10:00 AM	11:00 AM 7:00 PM Ja 11:00 AM	Penn T&F Practice Penn Elite Day 1 n 30		7:00 PM	Penn Elite Day 2 n 31 Penn Relays Winter
Hold	Jan 25	7:30 AM 11:00 AM 2:00 PM 6:30 PM J 7:30 AM 11:00 AM	Penn T&F Practice Penn T&F Practice	7:30 AM 11:00 AM 2:00 PM 6:30 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM J: 7:30 AM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run an 27 Adult/College Open Run	7:30 AM 11:00 AM 2:00 PM 6:30 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 10:00 PM J: 7:30 AM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice SJTCA Meet #5 n 28 Adult/College Open Run	11:00 AM 3:00 PM 3:00 PM	11:00 AM 2:00 PM 6:00 PM 7:00 PM J 11:00 AM 2:00 PM	Penn T&F Practice Adult/College Open Run Penn Elite Pre-Meet Penn Elite Multi Day 1 an 29 Penn T&F Practice	10:00 AM 7:30 AM	11:00 AM 7:00 PM Ja 11:00 AM	Penn T&F Practice Penn Elite Day 1 n 30 Penn T&F Practice		7:00 PM	Penn Elite Day 2 n 31 Penn Relays Winter
Hold	Jan 25	7:30 AM 11:00 AM 2:00 PM 6:30 PM 7:30 AM 11:00 AM 11:00 AM 2:00 PM	Penn T&F Practice Penn T&F Practice lan 26 Penn T&F Practice Adult/College Open Run	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:00 AM 7:30 AM 11:00 AM 2:00 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM 7:30 AM 11:00 AM 2:00 PM 6:30 PM	Adult/College Open Run Penn T&F Practice High School Open Run Adult/College Open Run Adult/College Open Run Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:00 AM 7:30 AM 11:00 AM 2:00 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 10:00 PM 7:30 AM 11:00 AM 2:00 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice SJTCA Meet #5 n 28 Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice	11:00 AM 3:00 PM 3:00 PM 7:30 AM 11:00 AM	11:00 AM 2:00 PM 6:00 PM 7:00 PM J 11:00 AM 2:00 PM	Penn T&F Practice Adult/College Open Run Penn Elite Pre-Meet Penn Elite Multi Day 1 an 29 Penn T&F Practice Adult/College Open Run Penn Invitational Pre-	10:00 AM 7:30 AM	11:00 AM 7:00 PM Ja 11:00 AM	Penn T&F Practice Penn Elite Day 1 n 30 Penn T&F Practice		7:00 PM	Penn Elite Day 2 n 31 Penn Relays Winter
Hold	Jan 25	7:30 AM 11:00 AM 2:00 PM 6:30 PM 7:30 AM 11:00 AM 11:00 AM 2:00 PM 2:00 PM 6:30 PM	Penn T&F Practice Penn T&F Practice Jan 26 Penn T&F Practice Adult/College Open Run Penn T&F Practice	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:00 AM 7:30 AM 11:00 AM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM 7:30 AM 11:00 AM 2:00 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run an 27 Adult/College Open Run Penn T&F Practice Adult/College Open Run Adult/College Open Run	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:00 AM 7:30 AM 11:00 AM 2:00 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 10:00 PM 7:30 AM 11:00 AM 2:00 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice SJTCA Meet #5 n 28 Adult/College Open Run Penn T&F Practice Adult/College Open Run Adult/College Open Run	11:00 AM 3:00 PM 3:00 PM 7:30 AM 11:00 AM	11:00 AM 2:00 PM 6:00 PM 7:00 PM J 11:00 AM 2:00 PM	Penn T&F Practice Adult/College Open Run Penn Elite Pre-Meet Penn Elite Multi Day 1 an 29 Penn T&F Practice Adult/College Open Run Penn Invitational Pre-	10:00 AM 7:30 AM	11:00 AM 7:00 PM Ja 11:00 AM	Penn T&F Practice Penn Elite Day 1 n 30 Penn T&F Practice		7:00 PM	Penn Elite Day 2 n 31 Penn Relays Winter
Hold	Jan 25 TBD TBD	7:30 AM 11:00 AM 2:00 PM 6:30 PM 7:30 AM 11:00 AM 11:00 AM 2:00 PM 6:30 PM 6:30 PM 6:30 PM 6:30 PM	Penn T&F Practice Penn T&F Practice Jan 26 Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:00 AM 7:30 AM 11:00 AM 2:00 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM 7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run an 27 Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:00 AM 7:30 AM 11:00 AM 2:00 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 10:00 PM Ji 7:30 AM 11:00 AM 2:00 PM 6:30 PM 10:00 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice SJTCA Meet #5 n 28 Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice Germantown Friends Invite	11:00 AM 3:00 PM 3:00 PM 7:30 AM 11:00 AM	11:00 AM 2:00 PM 6:00 PM 7:00 PM J 11:00 AM 2:00 PM 7:00 PM	Penn T&F Practice Adult/College Open Run Penn Elite Pre-Meet Penn Elite Multi Day 1 an 29 Penn T&F Practice Adult/College Open Run Penn Invitational Pre-Meet	10:00 AM 7:30 AM	11:00 AM 7:00 PM Ja 11:00 AM 7:30 PM	Penn T&F Practice Penn Elite Day 1 n 30 Penn T&F Practice Penn Invitational		7:00 PM Jar 7:30 PM	Penn Elite Day 2 n 31 Penn Relays Winter Showcase
Hold Hold	Jan 25 TBD TBD TBD	7:30 AM 11:00 AM 2:00 PM 6:30 PM 7:30 AM 11:00 AM 11:00 AM 11:00 AM 2:00 PM 6:30 PM 11:00 AM 2:00 PM 6:30 PM 6:30 PM 6:30 PM 6:30 PM 6:30 PM 8:30 PM	Penn T&F Practice Penn T&F Practice Jan 26 Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:00 AM 7:30 AM 11:00 AM 2:00 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM 7:30 AM 11:00 AM 2:00 PM 6:30 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run an 27 Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:30 PM 6:00 AM 7:30 AM 11:00 AM 2:00 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 10:00 PM Jr 7:30 AM 11:00 AM 2:00 PM 6:30 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice SJTCA Meet #5 n 28 Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice Germantown Friends Invite	11:00 AM 3:00 PM 3:00 PM 7:30 AM 11:00 AM 3:00 PM	11:00 AM 2:00 PM 6:00 PM 7:00 PM J 11:00 AM 2:00 PM 7:00 PM	Penn T&F Practice Adult/College Open Run Penn Elite Pre-Meet Penn Elite Multi Day 1 an 29 Penn T&F Practice Adult/College Open Run Penn Invitational Pre-Meet	7:30 AM 12:00 PM	11:00 AM 7:00 PM Ja 11:00 AM 7:30 PM	Penn T&F Practice Penn Elite Day 1 n 30 Penn T&F Practice Penn Invitational	9:00 AM	7:00 PM Jai 7:30 PM	Penn Elite Day 2 n 31 Penn Relays Winter Showcase
Hold Hold	Jan 25 TBD TBD TBD TBD	7:30 AM 11:00 AM 2:00 PM 6:30 PM 7:30 AM 11:00 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM	Penn T&F Practice Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:00 AM 7:30 AM 11:00 AM 2:00 PM 6:30 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM 7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run an 27 Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run Adult/College Open Run Adult/College Open Run Adult/College Open Run Adult/College Open Run	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:30 PM 6:00 AM 7:30 AM 11:00 AM 2:00 PM 6:30 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 10:00 PM Jr 7:30 AM 11:00 AM 2:00 PM 6:30 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice SJTCA Meet #5 n 28 Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice Germantown Friends Invite cb 4 Adult/College Open Run	11:00 AM 3:00 PM 3:00 PM 7:30 AM 11:00 AM 3:00 PM	11:00 AM 2:00 PM 6:00 PM 7:00 PM J 11:00 AM 2:00 PM	Penn T&F Practice Adult/College Open Run Penn Elite Pre-Meet Penn Elite Multi Day 1 an 29 Penn T&F Practice Adult/College Open Run Penn Invitational Pre-Meet Feb 5 Penn T&F Practice	7:30 AM 12:00 PM	11:00 AM 7:00 PM Ja 11:00 AM 7:30 PM	Penn T&F Practice Penn Elite Day 1 n 30 Penn T&F Practice Penn Invitational	9:00 AM	7:00 PM Jar 7:30 PM	Penn Elite Day 2 n 31 Penn Relays Winter Showcase
Hold Hold	Jan 25 TBD TBD TBD TBD	7:30 AM 11:00 AM 2:00 PM 6:30 PM 7:30 AM 11:00 AM 11:00 AM 8:30 PM 6:30 PM 6:30 PM 6:30 PM 6:30 PM 8:30 PM 7:30 AM 11:00	Penn T&F Practice Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run Feb 2 Penn T&F Practice Adult/College Open Run	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:00 AM 7:30 AM 11:00 AM 2:00 PM 6:30 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM 7:30 AM 11:00 AM 2:00 PM 6:30 PM	Adult/College Open Run Penn T&F Practice High School Open Run Penn T&F Practice High School Open Run an 27 Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run Penn T&F Practice	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:30 AM 7:30 AM 11:00 AM 2:00 PM 6:30 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 10:00 PM Ji 7:30 AM 11:00 AM 2:00 PM 6:30 PM 10:00 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice SJTCA Meet #5 n 28 Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice Germantown Friends Invite cb 4 Adult/College Open Run Penn T&F Practice	11:00 AM 3:00 PM 3:00 PM 7:30 AM 11:00 AM 7:30 AM 11:00 AM	11:00 AM 2:00 PM 6:00 PM 7:00 PM J 11:00 AM 2:00 PM	Penn T&F Practice Adult/College Open Run Penn Elite Pre-Meet Penn Elite Multi Day 1 an 29 Penn T&F Practice Adult/College Open Run Penn Invitational Pre-Meet Feb 5 Penn T&F Practice Adult/College Open Run	7:30 AM 12:00 PM	11:00 AM 7:00 PM Ja 11:00 AM 7:30 PM	Penn T&F Practice Penn Elite Day 1 n 30 Penn T&F Practice Penn Invitational	9:00 AM	7:00 PM Jai 7:30 PM	Penn Elite Day 2 n 31 Penn Relays Winter Showcase
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FEBRUARY 2026

	SUN	SUN MON		TUE		WED			THU			FRI			SAT		AT	
	Feb 1	Feb 2		Feb 3		Feb 4			Feb 5			Feb 6			Feb 7			
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1:00 PM 6:30 PM	M Widener Meet #1	11:00 AM 2:00 PM	Adult/College Open Run	7:30 AM	11:00 AM	Penn T&F Practice	7:30 AM	11:00 AM	Penn T&F Practice	11:00 AM	2:00 PM	Adult/College Open Run	10:00 AM	8:00 PM	Penn Classic Day 1			
		2:00 PM 6:30 PM	Penn T&F Practice	11:00 AM	2:00 PM	Adult/College Open Run	11:00 AM	2:00 PM	Adult/College Open Run	3:00 PM	6:00 PM	Penn Classic Pre-Meet						
		6:30 PM 8:30 PM	SJTCA Meet #6	2:00 PM	6:30 PM	Penn T&F Practice	2:00 PM	6:30 PM	Penn T&F Practice									
				6:30 PM	8:30 PM	High School Open Run	6:30 PM	10:00 PM	La Salle Boys Meet #3 - Relays									
	Feb 8		Feb 9		Fo	eb 10		F	eb 11		F	eb 12		Fo	eb 13		Fo	b 14
Hold	TBD	7:30 AM 11:00 AM	Penn T&F Practice	6:00 AM	7:30 AM	Adult/College Open Run	6:00 AM	7:30 AM	Adult/College Open Run	7:30 AM	11:00 AM	Penn T&F Practice	7:30 AM	11:00 AM	Penn T&F Practice	7:30 AM	11:30 AM	Henderson High School Invite
		11:00 AM 2:00 PM	Adult/College Open Run	7:30 AM	11:00 AM	Penn T&F Practice	7:30 AM	11:00 AM	Penn T&F Practice	11:00 AM	2:00 PM	Adult/College Open Run	11:00 AM	2:00 PM	Adult/College Open Run	1:00 PM	6:30 PM	Widener DIII Invite #2
		2:00 PM 6:30 PM	Penn T&F Practice	11:00 AM	2:00 PM	Adult/College Open Run	11:00 AM	2:00 PM	Adult/College Open Run	2:00 PM	6:30 PM	Penn T&F Practice	6:30 PM	10:00 PM	DVGTCA Meet #2			
		6:30 PM 8:30 PM	High School Open Run	2:00 PM	6:30 PM	Penn T&F Practice	2:00 PM	6:30 PM	Penn T&F Practice	4:00 PM	5:30 PM	Young Quakers						
				6:30 PM	8:30 PM	High School Open Run	6:30 PM	10:00 PM	Upper Dublin Girls Meet #3 - Relays	6:30 PM	8:30 PM	Youth (2nd-8th) Open Run						
	Feb 15 UAGTCA Meet #3 (2		Feb 16			eb 17			eb 18			eb 19			eb 20		Fe	eb 21
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4:30 PM 8:30 PM	M PAISAA Championship	11:00 AM 2:00 PM	Adult/College Open Run	7:30 AM	11:00 AM	Penn T&F Practice		11:00 AM	Penn T&F Practice		2:00 PM	Adult/College Open Run	11:00 AM	5:00 PM	Philly Metro	4:30 PM	10:00 PM	NJAC Championship
		2:00 PM 6:30 PM	Penn T&F Practice	11:00 AM	2:00 PM	Adult/College Open Run	11:00 AM	2:00 PM	Adult/College Open Run	2:00 PM	6:30 PM	Penn T&F Practice						
		6:30 PM 10:30 PM	T&FCAGP Meet of Champs	2:00 PM	6:30 PM	Penn T&F Practice	2:00 PM	6:30 PM	Penn T&F Practice	4:00 PM	5:30 PM	Young Quakers						
				6:30 PM	8:30 PM	High School Open Run				6:30 PM	8:30 PM	Youth (2nd-8th) Open Run						
	E4.33																	
	Feb 22		Feb 23		Fe	eb 24		F	eb 25		F	Feb 26		Fo	eb 27		Fe	eb 28
2:30 PM 8:00 P!	Feb 22 M NJAC Championship	7:30 AM 11:00 AM		6:00 AM	7:30 AM	eb 24 Adult/College Open Run	6:00 AM	7:30 AM	eb 25 Adult/College Open Run	7:30 AM	11:00 AM		7:30 AM	11:00 AM	eb 27 Penn T&F Practice	Hold	Fe	-b 28 TBD
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Hold	M NJAC Championship Mar 1 TBD TCNJ Last Chance Meet	7:30 AM 11:00 AM 2:00 PM 2:00 PM 6:30 PM 8:30 PM 7:30 AM 11:00 AM 2:00 PM 6:30 PM	Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run Mar 2 Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run Mar 9 Penn T&F Practice	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:00 AM 7:30 AM 11:00 AM 2:00 PM 6:30 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM 7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run Adult/College Open Run Adult/College Open Run Adult/College Open Run Adult/College Open Run	7:30 AM 11:00 AM 2:00 PM 6:00 AM 7:30 AM 11:00 AM 2:00 PM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 7:30 AM 11:00 AM 2:00 PM 6:30 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice Lar 4 Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice	11:00 AM 2:00 PM 4:00 PM 6:30 PM 7:30 AM 11:00 AM 2:00 PM 4:00 PM 6:30 PM	11:00 AM 2:00 PM 6:30 PM 5:30 PM 8:30 PM N 11:00 AM 2:00 PM 6:30 PM 8:30 PM	Penn T&F Practice Adult/College Open Run Penn T&F Practice Young Quakers Youth (2nd-8th) Open Run Mar 5 Penn T&F Practice Adult/College Open Run Penn T&F Practice Young Quakers Youth (2nd-8th) Open Run far 12 Penn T&F Practice	11:00 AM 2:00 PM 7:30 AM 11:00 AM 2:00 PM	11:00 AM 2:00 PM 6:30 PM 11:00 AM 2:00 PM M 11:00 AM 2:00 PM	Penn T&F Practice Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice ar 13 Penn T&F Practice		M 3:00 PM	TBD iar 7 PRTC Indoor Classic
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Hold	M NJAC Championship Mar 1 TBD TCNJ Last Chance Meet	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:30 PM 8:30 PM 7:30 AM 11:00 AM 2:00 PM 6:30 PM	Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run Mar 2 Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice	7:30 AM 11:00 AM 2:00 PM 6:30 PM 6:00 AM 7:30 AM 11:00 AM 6:00 AM 7:30 AM 11:00 AM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM 7:30 AM 11:00 AM 2:00 PM 6:30 PM 8:30 PM 8:30 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice High School Open Run Adult/College Open Run	7:30 AM 11:00 AM 2:00 PM 6:00 AM 7:30 AM 11:00 AM 7:30 AM 11:00 AM	7:30 AM 11:00 AM 2:00 PM 6:30 PM 7:30 AM 11:00 AM 2:00 PM N 7:30 AM 11:00 AM 11:00 AM 2:00 PM	Adult/College Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice Int 4 Adult/College Open Run Penn T&F Practice Adult/College Open Run Adult/College Open Run Penn T&F Practice	11:00 AM 2:00 PM 4:00 PM 6:30 PM 7:30 AM 11:00 AM 2:00 PM 7:30 AM 11:00 AM 2:00 PM	11:00 AM 2:00 PM 6:30 PM 5:30 PM 8:30 PM 11:00 AM 2:00 PM 6:30 PM 8:30 PM M 11:00 AM 2:00 PM 6:30 PM	Penn T&F Practice Adult/College Open Run Penn T&F Practice Young Quakers Youth (2nd-8th) Open Run Mar S Penn T&F Practice Adult/College Open Run Penn T&F Practice Young Quakers Youth (2nd-8th) Open Run T&F Practice Young Quakers Youth (2nd-8th) Open Run Penn T&F Practice Adult/College Open Run Penn T&F Practice	11:00 AM 2:00 PM 7:30 AM 11:00 AM 2:00 PM	11:00 AM 2:00 PM 6:30 PM 11:00 AM 2:00 PM M 11:00 AM 2:00 PM	Penn T&F Practice Adult/College Open Run Adult/College Open Run		M 3:00 PM	TBD iar 7 PRTC Indoor Classic

MARCH 2026

SUN	MON	TUE	WED	THU	FRI	SAT
Mar 1	Mar 2	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7
Hold TBD	7:30 AM 11:00 AM Penn T&F Practice	6:00 AM 7:30 AM Adult/College Open Run	6:00 AM 7:30 AM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	9:00 AM 3:00 PM PRTC Indoor Classic
12:00 PM 7:00 PM TCNJ Last Chance Meet	11:00 AM 2:00 PM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	
	2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice	
	6:30 PM 8:30 PM High School Open Run	2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice	4:00 PM 5:30 PM Young Quakers		
		6:30 PM 8:30 PM High School Open Run		6:30 PM 8:30 PM Youth (2nd-8th) Open Run		
Mar 8	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14
	7:30 AM 11:00 AM Penn T&F Practice	6:00 AM 7:30 AM Adult/College Open Run	6:00 AM 7:30 AM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	
	11:00 AM 2:00 PM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	
	2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice	
	6:30 PM 8:30 PM High School Open Run	2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice	4:00 PM 5:30 PM Young Quakers		
		6:30 PM 8:30 PM High School Open Run				
Mar 15	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21
	7:30 AM 11:00 AM Penn T&F Practice	6:00 AM 7:30 AM Adult/College Open Run	6:00 AM 7:30 AM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	
	11:00 AM 2:00 PM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	
	2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice	
		2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice	4:00 PM 5:30 PM Young Quakers		
Mar 22	Mar 23	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28
	7:30 AM 11:00 AM Penn T&F Practice	6:00 AM 7:30 AM Adult/College Open Run	6:00 AM 7:30 AM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice	7:30 AM 11:00 AM Penn T&F Practice	
	11:00 AM 2:00 PM Adult/College Open Run	7:30 AM 11:00 AM Penn T&F Practice				
			/:30 AM 11:00 AM Penn 1&F Practice	11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	
			7:30 AM 11:00 AM Penn T&F Practice 11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice		
		11:00 AM 2:00 PM Adult/College Open Run	11:00 AM	2:00 PM 6:30 PM Penn T&F Practice		
		11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	2:00 PM 6:30 PM Penn T&F Practice		
		11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	2:00 PM 6:30 PM Penn T&F Practice		
Mar 29		11:00 AM 2:00 PM Adult/College Open Run	11:00 AM 2:00 PM Adult/College Open Run	2:00 PM 6:30 PM Penn T&F Practice		Apr 4
Mar 29	2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice 4:00 PM 5:30 PM Young Quakers	2:00 PM 6:30 PM Penn T&F Practice	Apr 4
Mar 29	2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice 4:00 PM 5:30 PM Young Quakers	2:00 PM 6:30 PM Penn T&F Practice	Apr 4
Mar 29	2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice 4:00 PM 5:30 PM Young Quakers	2:00 PM 6:30 PM Penn T&F Practice	Apr 4
Mar 29	2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice 4:00 PM 5:30 PM Young Quakers	2:00 PM 6:30 PM Penn T&F Practice	Apr 4
Mar 29	2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice 4:00 PM 5:30 PM Young Quakers	2:00 PM 6:30 PM Penn T&F Practice	Apr 4
Mar 29	2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice 4:00 PM 5:30 PM Young Quakers	2:00 PM 6:30 PM Penn T&F Practice	Apr 4
Mar 29 Apr 5	2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice	2:00 PM 6:30 PM Penn T&F Practice 4:00 PM 5:30 PM Young Quakers	2:00 PM 6:30 PM Penn T&F Practice	Apr 4
	2:00 PM 6:30 PM Penn T&F Practice Mar 30	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice Mar 31	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice Apr 1	2:00 PM 6:30 PM Penn T&F Practice 4:00 PM 5:30 PM Young Quakers Apr 2	2:00 PM 6:30 PM Penn T&F Practice Apr 3	
	2:00 PM 6:30 PM Penn T&F Practice Mar 30	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice Mar 31	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice Apr 1	2:00 PM 6:30 PM Penn T&F Practice 4:00 PM 5:30 PM Young Quakers Apr 2	2:00 PM 6:30 PM Penn T&F Practice Apr 3	
	2:00 PM 6:30 PM Penn T&F Practice Mar 30	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice Mar 31	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice Apr 1	2:00 PM 6:30 PM Penn T&F Practice 4:00 PM 5:30 PM Young Quakers Apr 2	2:00 PM 6:30 PM Penn T&F Practice Apr 3	
	2:00 PM 6:30 PM Penn T&F Practice Mar 30	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice Mar 31	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice Apr 1	2:00 PM 6:30 PM Penn T&F Practice 4:00 PM 5:30 PM Young Quakers Apr 2	2:00 PM 6:30 PM Penn T&F Practice Apr 3	
	2:00 PM 6:30 PM Penn T&F Practice Mar 30	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice Mar 31	11:00 AM 2:00 PM Adult/College Open Run 2:00 PM 6:30 PM Penn T&F Practice Apr 1	2:00 PM 6:30 PM Penn T&F Practice 4:00 PM 5:30 PM Young Quakers Apr 2	2:00 PM 6:30 PM Penn T&F Practice Apr 3	