

Columbia Girls Indoor Track Pre-Season Information

Nov 13, 2023	3:00pm-4:30pm	Columbia High School Track
Nov 14, 2023	3:00pm-4:30pm	Columbia High School Track
Nov 15, 2023	3:00pm-4:30pm	Columbia High School Track
Nov 16, 2023	3:00pm-4:30pm	Columbia High School Track
Nov 17, 2023	3:00pm-4:30pm	Columbia High School Track
Nov 20, 2023	3:00pm-4:30pm	Columbia High School Track
Nov 21, 2023	3:00pm-4:30pm	Columbia High School Track
Nov 22, 2023	10:00am-11:30am	Hudson Valley Community College

*Please make sure you are signed up for Girls Indoor Track on Family ID in order to attend practices. You need 6 practices to be eligible to participate in meets.

ITEMS TO BRING TO PRACTICE:

1. Proper Running Shoes
2. Light Workout Clothes
3. Wrist Watch
4. Your own Water Bottle