

May 2024

Saturday
4
Milliken 7:30-9:00am
7.30-9.00am
11
NG MAC SPRING
NAL INVITATIONAL
&
TOP CUP
18
<mark>am</mark>
Milliken
7:30-9:00am
25
S B CHAMPS
&
om RISING STAR
June 1
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Notes:

- Water bottle is mandatory
 Be prepared for dryland (Running Shoes, Shorts, etc..)
 On time = 15 min early