

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1 <b>5:30 - 7 pm</b>	2 <b>5:30 - 7 pm</b>	3 <b>5:30 - 7 pm</b>	4 <b>5:30 - 7 pm</b>	5 JO MAX @ ECVHS	6 JO MAX @ ECVHS
7 JO MAX @ ECVHS	8 <b>5:30 - 7 pm</b>	9 <b>5:30 - 7 pm</b>	10 <b>5:30 - 7 pm</b>	11 <b>5:30 - 7 pm</b> FAST Entries Due	12 No Practice	13 P.S. A/B LC @ Poway Community Center
14 P.S. A/B LC @ Poway Community Center	15 <b>5:30 - 7 pm</b>	16 <b>5:30 - 7 pm</b>	17 <b>5:30 - 7 pm</b>	18 <b>5:30 - 7 pm</b>	19 No Practice	20
21	22 <b>5:30 - 7 pm</b>	23 <b>5:30 - 7 pm</b>	24 <b>5:30 - 7 pm</b>	25 <b>5:30 - 7 pm</b>	26 No Practice	27 FAST 14&U SC @ Fallbrook HS
28 FAST 14&U SC @ Fallbrook HS	29 <b>5:30 - 7 pm</b>	30 <b>5:30 - 7 pm</b>	31 <b>5:30 - 7 pm</b>	<i>APRIL</i> 1 <b>5:30 - 7 pm</b> CAST C Entires Due	2 No Practice	3
4 April Meets: 17-18: CAST C 30-Apr 2: CNSA ABC	5 <b>5:30 - 7 pm</b>	6 <b>5:30 - 7 pm</b>	7 <b>5:30 - 7 pm</b>	8 <b>5:30 - 7 pm</b> Far Westerns	9 No Practice Far Westerns	10 Far Westerns @ Morgan Hill

All practices are held at El Cajon Valley High School unless otherwise noted. All practices are subject to change.  
Questions? Email Christine and Steena at heartlandjuniorgold@gmail.com