

活動計劃 

陸上競技部

| 活動計画<br>※ | 陸上競技部 |      |      | サッカー部 |      |      | 野球部  |      |      | バレーボール部 |      |      | 柔道部   |      |      | 剣道部  |      |      | バスケットボール部 |      |      | 卓球部  |      |      | テニス部 |      |      | ソフトテニス部 |      |      | 山岳部  |      |      | バドミントン部 |      |      | アマチニア舞踊部 |      |      | 情報技術部 |      |      | 吹奏楽部 |      |      | 写真部  |      |      | 棋道部  |      |      | 演劇部  |  |  | 工業技術部 |  |  |
|-----------|-------|------|------|-------|------|------|------|------|------|---------|------|------|-------|------|------|------|------|------|-----------|------|------|------|------|------|------|------|------|---------|------|------|------|------|------|---------|------|------|----------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|--|--|-------|--|--|
|           | 活動計画  | 予定時間 | 活動実績 | 活動計画  | 予定時間 | 活動実績 | 活動計画 | 予定時間 | 活動実績 | 活動計画    | 予定時間 | 活動実績 | 活動計画  | 予定時間 | 活動実績 | 活動計画 | 予定時間 | 活動実績 | 活動計画      | 予定時間 | 活動実績 | 活動計画 | 予定時間 | 活動実績 | 活動計画 | 予定時間 | 活動実績 | 活動計画    | 予定時間 | 活動実績 | 活動計画 | 予定時間 | 活動実績 | 活動計画    | 予定時間 | 活動実績 | 活動計画     | 予定時間 | 活動実績 | 活動計画  | 予定時間 | 活動実績 | 活動計画 | 予定時間 | 活動実績 | 活動計画 | 予定時間 | 活動実績 |      |      |      |      |  |  |       |  |  |
| 1         | 土     |      |      |       |      |      | 練習   | 4:00 | 4:00 |         |      |      |       |      |      |      |      |      |           |      | 練習   | 4:00 | 4:00 |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      | 休み   |      |      |      |      |  |  |       |  |  |
| 2         | 日     |      |      |       |      |      | 練習   | 4:00 | 4:00 |         |      |      |       |      |      |      |      |      |           |      | 休み   |      |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      | 休み   |      |      |      |      |      |      |  |  |       |  |  |
| 3         | 月     |      |      |       |      |      | 休み   |      |      |         |      |      | *     |      |      |      |      |      |           |      | 休み   |      |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      | 休み   |      |      |      |      |      |      |  |  |       |  |  |
| 4         | 火     |      |      |       |      |      | 休み   |      |      |         |      |      | *     |      |      |      |      |      |           | 休み   |      |      |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      | 練習   |      |      |      | 1:00 |      |      |  |  |       |  |  |
| 5         | 水     |      |      |       |      |      | 練習   | 2:00 | 2:00 |         |      |      | *     |      |      |      |      |      |           | 練習   | 2:00 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      | 2:00 |      |      |  |  |       |  |  |
| 6         | 木     |      |      |       |      |      | 練習   | 2:00 |      |         |      |      | 休み    |      |      |      |      |      |           | 休み   |      |      |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      |      |      |      |  |  |       |  |  |
| 7         | 金     |      |      |       |      |      | *    |      |      |         |      |      | * * * |      |      |      |      |      |           |      |      |      |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      |      |      |      |  |  |       |  |  |
| 8         | 土     |      |      |       |      |      | 練習   | 4:00 |      |         |      |      | 練習    | 4:00 |      |      |      |      |           | 練習   | 4:00 |      |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      | 休み   |      |      |      |      |      |  |  |       |  |  |
| 9         | 日     |      |      |       |      |      | 練習   | 4:00 | 4:00 |         |      |      | 休み    |      |      |      |      |      |           | 休み   |      |      |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      | 休み   |      |      |      |      |      |      |  |  |       |  |  |
| 10        | 月     |      |      |       |      |      | 練習   | 2:00 | 2:00 |         |      |      | 練習    | 2:30 | 2:00 |      |      |      |           | 練習   | 2:30 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      | 休み   |      |      |      |      |      |      |  |  |       |  |  |
| 11        | 火     |      |      |       |      |      | 休み   |      |      |         |      |      | *     |      |      |      |      |      |           | 休み   |      |      |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      |      |      |      |  |  |       |  |  |
| 12        | 水     |      |      |       |      |      | 練習   | 2:00 | 2:00 |         |      |      | 練習    | 2:30 | 2:00 |      |      |      | #REF!     | 2:00 | 2:00 |      |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      | *    |      | 2:15 | 2:15 |      |      |      |      |      |  |  |       |  |  |
| 13        | 木     |      |      |       |      |      | 練習   | 2:00 | 2:00 |         |      |      | 休み    |      |      |      |      |      |           | 練習   | 2:00 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      |      |      |      |  |  |       |  |  |
| 14        | 金     |      |      |       |      |      | *    |      |      |         |      |      | 練習    | 2:30 |      |      |      |      |           | 休み   |      |      |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      |      |      |      |  |  |       |  |  |
| 15        | 土     |      |      |       |      |      | 練習試合 | 4:45 | 4:45 |         |      |      | 練習    | 4:00 |      |      |      |      |           | 練習   | 4:00 | 4:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      |      |      |      |  |  |       |  |  |
| 16        | 日     |      |      |       |      |      | 練習   | 4:00 | 4:00 |         |      |      | 休み    |      |      |      |      |      |           | 休み   |      |      |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      |      |      |      |  |  |       |  |  |
| 17        | 月     |      |      |       |      |      | 休み   |      |      |         |      |      | 練習    | 2:30 |      |      |      |      |           | 休み   |      |      |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      |      |      |      |  |  |       |  |  |
| 18        | 火     |      |      |       |      |      | 練習   | 2:00 | 2:00 |         |      |      | 練習    | 2:30 |      |      |      |      |           | 練習   | 2:00 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      | 練習   | 2:15 | 2:15 |      |      |      |  |  |       |  |  |
| 19        | 水     |      |      |       |      |      | 練習   | 2:00 | 2:00 |         |      |      | 練習    | 2:30 | 2:00 |      |      |      |           | 練習   | 2:00 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      | *    |      | 2:15 | 2:15 |      |      |      |  |  |       |  |  |
| 20        | 木     |      |      |       |      |      | 練習試合 | 4:45 | 4:45 |         |      |      | 休み    |      |      |      |      |      |           | 大会   | 8:00 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      | 練習   | 3:00 | 3:00 |      |      |  |  |       |  |  |
| 21        | 金     |      |      |       |      |      | 練習   | 2:00 | 2:00 |         |      |      | *     |      |      |      |      |      |           | 練習   | 2:00 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      | 練習   | 3:00 | 3:00 |      |  |  |       |  |  |
| 22        | 土     |      |      |       |      |      | 練習   | 4:00 | 4:00 |         |      |      | *     |      |      |      |      |      |           | 練習   | 4:00 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      | 9:30 | 9:30 |      |  |  |       |  |  |
| 23        | 日     |      |      |       |      |      | 練習   | 4:00 | 4:00 |         |      |      | *     |      |      |      |      |      |           | 練習   | 4:00 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      | 9:30 | 9:30 |      |  |  |       |  |  |
| 24        | 月     |      |      |       |      |      | 練習   | 2:00 |      |         |      |      | *     |      |      |      |      |      |           | 練習   | 4:00 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      |      | 1:00 | 1:00 |  |  |       |  |  |
| 25        | 火     |      |      |       |      |      | 練習   | 2:00 | 4:00 |         |      |      | 練習    |      |      |      |      |      |           | 練習   | 4:00 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      | 休み   |      |      |      |      |  |  |       |  |  |
| 26        | 水     |      |      |       |      |      | 練習   | 2:00 | 4:00 |         |      |      | 練習    |      |      |      |      |      |           | 大会   | 8:00 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      | 休み   |      |      |      |      |  |  |       |  |  |
| 27        | 木     |      |      |       |      |      | 休み   |      | 4:00 |         |      |      | 練習    |      |      |      |      |      |           | 大会   | 8:00 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      | 休み   |      |      |      |  |  |       |  |  |
| 28        | 金     |      |      |       |      |      | 練習   | 2:00 | 4:00 |         |      |      |       |      |      |      |      |      |           | 休み   |      |      |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      |      | 休み   |      |  |  |       |  |  |
| 29        | 土     |      |      |       |      |      | 練習   | 4:00 | 4:00 |         |      |      | 練習試合  | 9:00 |      |      |      |      |           | 練習   | 4:00 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      | 休み   |      |      |  |  |       |  |  |
| 30        | 日     |      |      |       |      |      | 練習試合 | 4:45 | 4:45 |         |      |      | 休み    |      |      |      |      |      |           | 練習   | 4:00 | 2:00 |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      |      |      |      |  |  |       |  |  |
| 31        | 月     |      |      |       |      |      | 練習   | 2:00 |      |         |      |      | 休み    |      |      |      |      |      |           | 休み   |      |      |      |      |      |      |      |         |      |      |      |      |      |         |      |      |          |      |      |       |      |      |      |      |      |      |      |      |      |      |      |      |  |  |       |  |  |