

2019年度

山形県立寒河江工業高校 陸上競技部活動 年間計画・実績表

記入の仕方:「時間」には活動時間(h)数値を記入。大会等で1日活動の場合は原則「8」を入力。「休養日」に「1」を入力。「目標とする大会」には目標大会欄に「◎」を入力。「部活動行事」に計画や場所を記

顧問氏名 奥山 靖春

Main activity calendar grid for April to September, showing planned vs actual activity times and events.

Summary statistics for April to September, including average activity times and rest days.

Main activity calendar grid for October to March, showing planned vs actual activity times and events.

Summary statistics for October to March, including average activity times and rest days.

Summary statistics for the entire year, including total rest days and average activity times.