

令和2(2020)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 今野 光人

Main activity schedule table for April to September, including columns for date, day, planned time, actual time, target, and activities.

Summary table for April to September, showing average activity times and target vs actual performance.

Main activity schedule table for October to March, including columns for date, day, planned time, actual time, target, and activities.

Summary table for October to March, showing average activity times and target vs actual performance.

Summary table on the right side showing total rest days and average activity times for the entire year.