

令和3(2021)年度

山形県立寒河江工業高校 陸上競技部 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・伊藤利春・田中洋明

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 planned vs actual rest days and activity time averages.

Main activity schedule table for October to November.

Main activity schedule table for December.

Main activity schedule table for January.

Main activity schedule table for February.

Main activity schedule table for March.

Summary table for October to November.

Summary table for December.

Summary table for January.

Summary table for February.

Summary table for March.

Main activity schedule table for April to May.

Summary table for April to May.

Summary table for rest days (平日休養日) and total rest days (休養日合計).