

JUNIOR HIGH BOYS
TRACK PRACTICE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEB-17 OFF	18 8:00	19 7:00	20 8:00	21 8:00	22 OFF
24 7:00	25 8:00	26 7:00	27 8:00 @RUNGE	28 8:00	29 OFF
MARCH-2 7:00	3 8:00 @THREE RIVERS	4 7:00	5 8:00	6 8:00	7 OFF
9 OFF	10 OFF	11 OFF	12 OFF	13 OFF	14 OFF
16 7:00	17 8:00	18 7:00	19 8:00 @KENEDY	20 8:00	21 OFF
23 7:00	24 8:00	25 7:00	26 8:00	27 8:00	28 OFF
30 8:00 @THREE RIVERS	31 8:00	APRIL-1 8:00	2 8:00	3 8:00	4 OFF

MONDAY AND WEDNESDAY TRACK WORKOUT 7:00-7:45, BREAKFAST 7:45-8:00, WEIGHTS 8:00

TUESDAY, AND THURSDAY TRACK WORKOUT 8:00-8:35

FRIDAY WEIGHTS 8:00

JUNIOR HIGH **WILL NOT** HAVE ANY AFTER SCHOOL PRACTICE.

JUNIOR HIGH GIRLS
TRACK PRACTICE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEB-17 OFF	18 8:00	19 7:00	20 8:00	21 8:00	22 OFF
24 7:00	25 8:00	26 7:00	27 8:00 @ RUNGE	28 8:00	29 OFF
MARCH-2 7:00	3 8:00 @THREE RIVERS	4 7:00	5 8:00	6 8:00	7 OFF
9 OFF	10 OFF	11 OFF	12 OFF	13 OFF	14 OFF
16 7:00	17 8:00	18 7:00	19 8:00 @ KENEDY	20 8:00	21 OFF
23 7:00	24 8:00	25 7:00	26 8:00	27 8:00	28 OFF
30 8:00 @THREE RIVERS	31 8:00	APRIL-1 8:00	2 8:00	3 8:00	4 OFF

MONDAY AND WEDNESDAY WEIGHTS 7:00-7:45, BREAKFAST 7:45-8:00, TRACK WORKOUT 8:00-8:35

TUESDAY, AND THURSDAY TRACK WORKOUT 8:00-8:35

JUNIOR HIGH **WILL NOT** HAVE ANY AFTER SCHOOL PRACTICE.

HIGH SCHOOL
TRACK PRACTICE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEB-17 OFF	18 3:45	19 3:45	20 3:45	21 3:45	22 OFF
24 3:45	25 3:45	26 3:45	27 3:45	28 @ RUNGE	29 OFF
MARCH-2 3:45	3 3:45	4 3:45	5 3:45	6 3:45	7 @WOODSBOR O
9 OFF	10 OFF	11 OFF	12 OFF	13 OFF	14 OFF
16 3:45	17 3:45	18 3:45	19 3:45	20 3:45	21 @ KARNES CITY
23 3:45	24 3:45	25 3:45	26 @ FALLS CITY	27 OFF	28 OFF
30 OFF	31 3:45	APRIL-1 3:45	2 @ FALLS CITY *DISTRICT	3 OFF	4 OFF

MONDAY AND WEDNESDAY RUN DAYS

TUESDAY, THURSDAY AND FRIDAY – FIELD EVENTS, HURDLES, RELAYS, AND STARTS