

# TRACK & FIELD WEEKLY PRACTICE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Before School Practice</b>	High Jump	Triple Jump			High Jump
	Shot Put	Discus		Shot Put	Discus
	Weight Room	Weight Room		Weight Room	Relays @ Boles
<b>In Class Practice</b>	Sprinter's Wkot(100, 200)	Sprinter's wkot(100-400)	7th boys block work	7th boys study hall	Girl's Study hall
	Distance Wkot(400 -1600)	Distance (800, 1600)	7th girl's Block Work	8th - on bus	7th boys lift
		7th boys lift	8th sprinter's Block work	8th boy's Study hall	Distance - long run
<b>After School Practice</b>		Pole Vault @ Martin			Long, Triple Jump
	Hurdles	Relay's @ Martin	7th Grade Track Meet	8th Grade Track Meet	Hurdles
	Long Jump				Pole Vault @ Boles

Before school practice starts @ 7:30am

After school practice starts @ 4:00pm

**\*\*\*\*\*All athletes need to be on the field and ready to begin @ the start time\*\*\*\*\***

<b>Browder</b>	Relay's	<b>Poole</b>	Long Jump, Triple Jump
<b>Singer</b>	Relay's	<b>Drapeau</b>	Pole Vault
<b>Goforth</b>	High Jump	<b>Clewis</b>	Shot Put, Discus
<b>Campbell</b>	Hurdles	<b>Wilkins</b>	Distance