

## Lady Knights Track and Field Practice Schedule

GROUP	EVENT	GRADE	TIME	COACH	LOCATION
<b>Hurdles</b>	100 & 300	7th & 8th	7:20- 8:30 AM 4-5:00PM	Hutyra	Track
<b>Sprints</b>	100, 200, 400	7th ----- 8th	8:00 AM & during the period  ----- 6:45AM & during the period	Robinson	Track
<b>Relays</b>	4x1, 4x2, 4x4	7th & 8th	6:45 AM & during the period	Robinson	Track
<b>Distance</b>	800, Mile, 2 mile	7th & 8th	6:45 -8:20 AM	Fairhurst	Track
<b>Jumps</b>	Long & triple	7th & 8th	7:45- 1st period 7th period- 5:00 PM	Ortiz	Track
<b>High Jump</b>	HJ	7th & 8th	7:45- 8:30 AM 4- 4:45PM	Hise	Track
<b>Pole Vault</b>	PV	7th & 8th	4- 5:00 PM	Payne	Track
<b>Throws</b>	Shot & Discuss	7th & 8th	7:00AM- 1st period 4-5:00 PM	McGinty & Simon	Field by track

\*Practice times are subject to change.