

Boys Track Practice Schedule

Event		Monday	Tuesday	Wednesday	Thursday	Friday
Hurdles Coach Hutyra	AM	7:20 – 8:30	7:20 – 8:30	7:20 – 8:30	7:20 – 8:30	7:20 – 8:30
	PM	4:00 – 5:00	4:00 – 5:00	4:00 – 5:00	4:00 – 5:00	4:00 – 5:00
Sprints & Relays – 100, 200, 400 Coach Buenger & Coach Dixen	AM	7:45 – 8:45	-	7:45 – 9:20	-	7:45 – 8:45
	PM	-	4:00 – 5:00	-	4:00 – 5:00	-
Long Jump & Triple Jump Coach Lane	AM	-	7:00 – 8:00 (LJ Only)	-	7:00 – 8:00 (LJ Only)	-
	PM	4:20 – 5:30 (TJ Only)	-	4:20 – 5:30 (TJ Only)	-	-
High Jump Coach Hise	AM	7:45 – 8:30	-	7:45 – 8:30	-	7:45 – 8:30
	PM	4:00 – 4:45	-	4:00 – 4:45	-	4:00 – 4:45
Pole Vault Coach Payne	AM	-	-	-	-	-
	PM	4:00 – 5:00	4:00 – 5:00	4:00 – 5:00	4:00 – 5:00	4:00 – 5:00
Distance – 800, 1600, 3200 Coach Payne & Coach Dixen	AM	7:30 – 8:45	7:30 – 8:45	7:30 – 8:45	7:30 – 8:45	7:30 – 8:45
	PM	-	-	-	-	-
Shot Put Coach Simon	AM	7:00 (7 th)	7:00 (7 th)	7:00 (7 th)	7:00 (7 th)	7:00 (7 th)
	PM	4:00 (8 th)	4:00 (8 th)	4:00 (8 th)	4:00 (8 th)	4:00 (8 th)
Discus Coach McGinty	AM	7:00 (7 th)	7:00 (7 th)	7:00 (7 th)	7:00 (7 th)	7:00 (7 th)
	PM	4:00 (8 th)	4:00 (8 th)	4:00 (8 th)	4:00 (8 th)	4:00 (8 th)

Remind Sign-Up: Text @kjhtrack19 to 81010