Knox Track Practice Times

Hurdles – Coach Hutyra – Boys and Girls 7:15 – 8:20 am or 4:00 – 5:15 pm
Sprints – Coach Buenger – Boys Only – M-W-F 7:45 am T-Th 4:00 – 5:15
Long & Triple Jump – Coach Lane – Boys Only 7:00 – 8:15 am or 4:20 – 5:30 pm
Shot Put – Coach Simon – Boys and Girls 7:30 – 8:30 am or 4:00 – 5:00 pm
Discus – Coach McGinty – Boys and Girls 7:00 – 8:30 am or 4:00 – 5:15
Pole Vault – Coach Payne – Boys and Girls – After School
High Jump – Coach Hise – Boys and Girls – M-W 7:45 am and T-Th 4:00 – 5:15 pm

*If there are any questions, please contact the event specific Coach.

Thanks,
David Hutyra
Head Boys Track Knox JH
dhutyra@conroeisd.net