

Track + Field Practice SCHEDULE

Spring 2025

Location/time	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	
High School Gym and field PM (after school) 3:45-5:15 PM	Sprints, Hurdles Mid distance High Jump	Sprints(relay) Javelin Discuss/shot put Long Jump Triple Jump	Hurdles Mid distance Javelin High Jump	Sprints Discuss/shot put Long Jump	

Track + Field Meets

High School Track Date

Monday, May 12 at Foothills Athletic Park (rainout date Friday May 16)

Middle School Track Dates

Blue: Friday, May 23 (registration due Tuesday May 20)

Junior High Championship: Thursday, May 29

Athletes who want to compete must commit to two practices a week minimum