

HS Track Practice Schedule

All practices will begin at 3:15 with a warm up outside and end at 5:00pm.

Please arrange your rides to pick you up AT 5:00pm

*Bring running sneakers and water

Week 1: Mon 4/14, Tues 4/15

Week 2: Mon 4/28, Tues 4/29, *Thurs 5/1 Meet*

Week 3: Mon 5/5, Tues 5/6, *Thurs 5/8 Meet*

Week 4: Mon 5/12, Tues 5/13, *Weds 5/14 Meet*

Week 5: Mon 5/19, Tues 5/20, *Weds 5/21 Meet*

Week 6: Tues 5/27, Weds 5/28

Week 7: Mon 6/2, *Weds 6/4 Championship Meet*