

## **AL TRACK HS and MS Practice Days By Event (revised 03/05)**

### **MONDAYS 3:15pm-5:15pm**

HS and MS Sprinters/Hurdlers/TJ/LJ/MDLD (HS and MS MDLD running workout first then report to other events) (HS and MS sprinters stay at field first)

HS HJ (in the gym) and HS Throwers (Off field work)

### **TUESDAYS 3:15pm-5:00pm (soccer has field 3:15-5pm)**

HS and MS TJ/LJ/HJ/MDLD (HS and MS MDLD run first then report to other events)

HS Hurdles and HS Sprinters (Off field work)

### ***HS and MS Throwers 5-6pm (have the whole field)***

MS Junior Crew TJ/LJ/HJ (report to jumps first) MDLD kids go run (all dismissed at 4:30pm)

### **WEDNESDAYS 3:15pm-5:15pm**

HS and MS Sprinters/Hurdlers/MDLD (ALL HS and MS runners will do running workouts first then report to other events)

HS Throwers (Off Field Work)

MS Junior Crew Sprinters/Hurdlers/MDLD (dismissed at 4:30pm)

### **THURSDAYS 3:15pm-5:15pm**

HS TJ/LJ (no pit work while throwers on field) and MS HJ, Throwers, MDLD

HS Sprinters and Hurdles (Off field work)

MS Junior Crew Throwers and HJ and MDLD (dismissed at 4:30pm)

### **FRIDAYS 3:15pm-5:00pm (soccer has field 3:15-5pm)**

HS and MS TJ/LJ/HJ

HS MDLD/Sprinters/Hurdlers (Off field work)

### ***HS and MS Throwers 5-6pm (have the whole field)***

### **NOTES:**

MS MDLD and MS Sprinters not doing other events will be dismissed at 5:00pm on Mondays and Wednesdays and MS MDLD at 5:00pm on Thursdays.

### **KEY:**

MS= Middle School , HS= High School, LJ = Long Jump, TJ = Triple Jump, HJ = High Jump, MDLD-Mid-Long Distance (800m +)

MS JV Crew= Our developing group encompasses our athletes who (as determined by our coaches) are still growing and developing the skills and maturity needed to compete in meets. There will be ongoing opportunities for consideration for participation in meets and attending additional practices based on coaching evaluations. This group provides a low pressure introduction into track, helping them to learn and hopefully love it.