

2026-AL TRACK HS and MS Practice Days By Event

MONDAYS 4:15-5:30pm

MS-MDLD, Sprinters, Hurdlers, TJ, LJ

HS- MDLD, Sprinters, Hurdlers, HJ

*5:30-6:00pm Throwers practice

TUESDAYS 4:15-5:30pm (soccer has field 4:15-5:30)

MS- Sprinters, HJ,

HS- Sprinters, TJ, LJ

*4th-5th grade track 5:45-6:45

WEDNESDAYS 4:15pm-5:30pm

MS- MDLD, Throwers

HS- MDLD, HJ, Throwers

THURSDAYS 4:15pm-5:30pm

MS- Sprinters, Hurdlers, TJ, LJ, HJ

HS- MDLD, Sprinters, Hurdlers

*4th-5th grade track 5:45-6:45

FRIDAYS 4:15pm-5:30pm (soccer has field 4:15-6pm)

MS- MDLD

HS- MDLD, Sprinters, TJ, LJ, HJ

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

