

Middle School Track Schedule

Field Events: Discus, Shot Put, Long Jump, Triple Jump, High Jump

Running Events: 100, 200, 400, 800, 1600, 4x100, 4x200, 4x400

Sun.	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
5 April	6	7	8 First Day of MS Track	9 Practice 2:30-4:15	10 Practice 2:30-4:15	11
12	13 Practice 2:30-4:15	14 Practice 2:30-4:15	15 Practice 2:30-4:15	16 Practice 2:30-4:15	17 Practice 2:30-4:15	18
19	20 Practice 2:30-4:15	21 Practice 2:30-4:15	22 Practice 2:30-4:15	23 Practice 2:30-4:15	24 No Practice	25
26	27 Practice 2:30-4:15	28 JV Meet @ Redington (Hosting)	29 Practice 2:30-4:15	30 Varsity @ Redington (Hosting)	1 May Practice 2:30-4:15	2
3	4 Practice 2:30-4:15	5 Practice 2:30-4:15	6 Practice 2:30-4:15	7 Varsity @ Wasilla	8 PD Day No School No Practice	9 JV @ Wasila
10	11 Practice 2:30-4:15	12 Practice 2:30-4:15	13 Practice 2:30-4:15	14 Varsity Champs @ Colony	15 JV Champs @ Palmer	16
17	18	19	20	21 Last Day of School	22	23

Outside Practice Schedule

2:30-3:00 Warm Up/ Sprint Skills

3:00-3:30 Running Skills Work/ Throwers

3:30-4:15/30 Jumps Practice, Throwing or Flag Football

We will be hosting the JV and Varsity meets April 28th and 30th and will need parent volunteers. Please plan on helping at one or the other 2:30-6 pm