**Track + Field Practice SCHEDULE Spring 2024**

**\*\*First Meeting Day - Monday, April 29th in the HS GYM\*\***

| **Location/time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| --- | --- | --- | --- | --- |
| **High School Gym**  **and field**  **PM (after school)**  **3:45-5:15 PM** | **Hurdles, sprints, javelin.**  **(CCS field and gymnasium)** | **Sprints. 800/1500/3000 midi distance. Shot Put, discuss**  **(CCS Field, optimist, gymnasium)** | **Sprints (relay teams)**  **Long jump, triple jump, javelin, hurdles.**  **(CCS field and gymnasium)** | **Sprints (relay teams), Midi distance, High Jump, discuss, javelin**  **(CCS field, gymnasium and optimist)** |

**Track + Field Meets**

**High School Track Date**

Monday, May 13 at Foothills Athletic Park (rainout date Friday May 17)

**Middle School Track Dates**

Blue: Friday, May 24 (registration due Tuesday May 21)

Junior High Championship: Thursday, May 30

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