

2024 Tentative Practice Schedule

	Monday	Tuesday	Wednesday	Thursday
6:15pm-7:00pm	Sprints Distance	Sprints Distance	Sprints Distance	Hurdles
7:00pm-8:00pm	Long Jump Shot Put	Long Jump High Jump Javelin	Long Jump High Jump	Long Jump High Jump Javelin

Please Note: Field events happen at the discretion/availability of the coaches. Athletes will be told which field events are available at the end of running practice. Also, weather often plays a factor in field event availability. Practice may end at 7:00pm due to weather.