

UPDATED VERSION 1: Practice Schedule for Spring / Summer 2020

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Track Rascals (Unknown)	5:30-6:30		5:30-6:30	High School Track Meets			
Junior Development (Scott et al.)	5:30-6:45		5:30-6:45	High School Track Meets		10:15 -11:30	
Distance (Scott et al.)	4:30-5:45		4:30-5:45	High School Track Meets		11:45 -1:15 @ Clearbrook Park	
Power / Speed (Trevor)	4:00 -5:30		4:00-5:30	High School Track Meets		9:00 – 10:30	
Throws (Sean)	4:15 – @Clearbrook Park		4:15 – @Clearbrook Park	High School Track Meets			2:00 – @Clearbrook Park
Pole Vault (Graham) (Times & Days Weather Dependent)		5:30-7:00		High School Track Meets	4:30 – (If raining, will go Saturday instead)	9:30 – 10:00	