

# **WHS TRACK & FIELD PRACTICE SCHEDULE**

There may be special events or exceptions to this schedule, and if so those changes will be posted on TEAMREACH

## **SPRINTS**

3:00pm Monday - Friday

\*We will usually end around 5:15pm

## **THROWERS**

3:00pm Monday - Friday

\*We will usually end around 5:30pm

## **POLE VAULT**

1:30pm - 4:30pm Monday

2:00pm - 4:30pm Wednesday (Every other)

2:30pm - 5:00pm Tuesday, Thursday & Friday

## **DISTANCE**

3:45pm Monday - Friday

\*We will usually end around 5:30pm

## **SPECIALTIES**

**TBD:** Jumps, Hurdles, Relay Hand offs, Starts

\*Specialities usually happen toward the end of practice, but each specialty coach will inform their athletes on a weekly basis.

## **PRACTICE EXPECTATIONS**

1. **BE ON TIME!** If you are late you will be expected to warm-up and still do the same work out.
2. If being late becomes a regular occurrence the coaches will contact you.
3. If absences become a regular occurrence you will not be allowed to participate in the meets on Saturday.