

N-Spire Track and Field Club Fall/Winter Session Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	10/19/2026	10/20/2026	10/21/2026	10/22/2026	10/23/2026	10/24/2026	10/25/2026
Sprints	X	3:00 - 4:30	X	3:00 - 4:30	X	9:00am - 10:30am	X
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	X	10:30am - 12:00pm	X
Throws	X	X	3:30 - 5:00	X	X	12:00 - 2:00pm	X
Week 2	10/26/2026	10/27/2026	10/28/2026	10/29/2026	10/30/2026	10/31/2026	11/1/2026
Sprints	X	3:00 - 4:30	X	3:00 - 4:30	X	9:00am - 10:30am	X
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	X	10:30am - 12:00pm	X
Throws	X	X	3:30 - 5:00	X	X	12:00 - 2:00pm	X
Week 3	11/2/2026	11/3/2026	11/4/2026	11/5/2026	11/6/2026	11/7/2026	11/8/2026
Sprints	X	3:00 - 4:30	X	3:00 - 4:30	X	9:00am - 10:30am	X
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	X	10:30am - 12:00pm	X
Throws	X	X	3:30 - 5:00	X	X	12:00 - 2:00pm	X
Week 4	11/9/2026	11/10/2026	11/11/2026	11/12/2026	11/13/2026	11/14/2026	11/15/2026
Sprints	X	3:00 - 4:30	X	3:00 - 4:30	X	9:00am - 10:30am	X
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	X	10:30am - 12:00pm	X
Throws	X	X	3:30 - 5:00	X	X	12:00 - 2:00pm	X
Week 5	11/16/2026	11/17/2026	11/18/2026	11/19/2026	11/20/2026	11/21/2026	11/22/2026
Sprints	X	3:00 - 4:30	X	3:00 - 4:30	X	9:00am - 10:30am	X
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	X	10:30am - 12:00pm	X
Throws	X	X	3:30 - 5:00	X	X	12:00 - 2:00pm	X
Week 6	11/23/2026	11/24/2026	11/25/2026	11/26/2026	11/27/2026	11/28/2026	11/29/2026
Sprints	X	3:00 - 4:30	X	Thanksgiving - No Practice	Thanksgiving - No Practice	9:00am - 10:30am	X
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X			10:30am - 12:00pm	X
Throws	X	X	3:30 - 5:00			12:00 - 2:00pm	X
Week 7	11/30/2026	12/1/2026	12/2/2026	12/3/2026	12/4/2026	12/5/2026	12/6/2026
Sprints	X	3:00 - 4:30	X	3:00 - 4:30	X	9:00am - 10:30am	X
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	X	10:30am - 12:00pm	X
Throws	X	X	3:30 - 5:00	X	X	12:00 - 2:00pm	X
Week 8	12/7/2026	12/8/2026	12/9/2026	12/10/2026	12/11/2026	12/12/2026	12/13/2026
Sprints	X	3:00 - 4:30	X	3:00 - 4:30	X	Winterfest Meet	Winterfest Meet
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	X		
Throws	X	X	3:30 - 5:00	X	X		
Week 9	12/14/2026	12/15/2026	12/16/2026	12/17/2026	12/18/2026	12/19/2026	12/20/2026
Sprints	X	3:00 - 4:30	X	3:00 - 4:30	X	9:00am - 10:30am	X
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	X	10:30am - 12:00pm	X
Throws	X	X	3:30 - 5:00	X	X	12:00 - 2:00pm	X
Week 10	12/21/2026	12/22/2026	12/23/2026	12/24/2026	12/25/2026	12/26/2026	12/27/2026
Sprints	X	3:00 - 4:30	X	3:00 - 4:30		USATF Holiday Invite	USATF Holiday Invite
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	Christmas - No Practice		
Throws	X	X	3:30 - 5:00	X			
Week 11	12/28/2026	12/29/2026	12/30/2026	12/31/2026	1/1/2027	1/2/2027	1/3/2027
Sprints	X	3:00 - 4:30	X	3:00 - 4:30	New Year's Day - No Practice	9:00am - 10:30am	X
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)		10:30am - 12:00pm	X
Throws	X	X	3:30 - 5:00	X		12:00 - 2:00pm	X
Week 12	1/4/2027	1/5/2027	1/6/2027	1/7/2027	1/8/2027	1/9/2027	1/10/2027
Sprints	X	3:00 - 4:30	X	3:00 - 4:30	X	9:00am - 10:30am	X
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	X	10:30am - 12:00pm	X
Throws	X	X	3:30 - 5:00	X	X	12:00 - 2:00pm	X
Week 13	1/11/2027	1/12/2027	1/13/2027	1/14/2027	1/15/2027	1/16/2027	1/17/2027
Sprints	X	3:00 - 4:30	X	3:00 - 4:30	X	9:00am - 10:30am	MLK Invite
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	X	10:30am - 12:00pm	
Throws	X	X	3:30 - 5:00	X	X	12:00 - 2:00pm	
Week 14	1/18/2027	1/19/2027	1/20/2027	1/21/2027	1/22/2027	1/23/2027	1/24/2027
Sprints	MLK Invite	3:00 - 4:30	X	3:00 - 4:30	X	9:00am - 10:30am	X
Jumps / Vault		3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	X	10:30am - 12:00pm	X

Key

X = no practice for that event group

*= Change in day or time for practice

Meets

Holiday - no practice

Team activity

Throws		X	3:30 - 5:00	X	X	12:00 - 2:00pm	X
Week 15	1/25/2027	1/26/2027	1/27/2027	1/28/2027	1/29/2027	1/30/2027	1/31/2027
Sprints	X	3:00 - 4:30	X	3:00 - 4:30	X	USATF Pacific Champs	USATF Pacific Champs
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	X		
Throws	X	X	3:30 - 5:00	X	X		
Week 16	2/1/2027	2/2/2027	2/3/2027	2/4/2027	2/5/2027	2/6/2027	2/7/2027
Sprints	X	3:00 - 4:30	X	3:00 - 4:30	X	9:00am - 10:30am	X
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	X	10:30am - 12:00pm	X
Throws	X	X	3:30 - 5:00	X	X	12:00 - 2:00pm	X
Week 17	2/8/2027	2/9/2027	2/10/2027	2/11/2027	2/12/2027	2/13/2027	2/14/2027
Sprints	X	3:00 - 4:30	X	3:00 - 4:30	X	9:00am - 10:30am	President's Day Invite
Jumps / Vault	X	3:00 - 4:30 pm (Long Jump)	X	3:00 - 4:30pm (High Jump)	X	10:30am - 12:00pm	
Throws	X	X	3:30 - 5:00	X	X	12:00 - 2:00pm	
Week 18	2/15/2027	2/16/2027	2/17/2027	2/18/2027	2/19/2027	2/20/2027	2/21/2027
Sprints	President's Day invite	X	X	X	X	X	Team Get Together
Jumps / Vault		X	X	X	X	X	
Throws		X	X	X	X	X	