

	<b>DAYS</b>	<b>PRACTICE</b>	<b>WEIGHTS</b>
<b>NAME</b>	M-F	10:00-11:30	2:00-4:00

Sean Smith  
Austin Busch  
Alivia Bauer  
Peyton Wilson  
Lilly Lowry

<b>NAME</b>	M-F	11:15-12:45	2:00-4:00
Walker Whalen			
Sydney Smith			
Duke Faley			
Bryce Ruland			

Walker Whalen  
Sydney Smith  
Duke Faley  
Bryce Ruland

<b>NAME</b>	M-F	12:00-1:30	2:00-4:00
Lizzy Korczak			
Mike Stein			
Drake Woody			
Wisdom Williams			
Brady Mider			

Lizzy Korczak  
Mike Stein  
Drake Woody  
Wisdom Williams  
Brady Mider

	MONDAY		TUESDAY	
	Practice	Lifting	Practice	Lifting
WOMEN'S MID-DISTANCE	10:30-12:30	1:00-2:00	10:30-12:30	1:00-2:00
WOMEN'S LONG SPRINTS	11:45-2:00	2:00-3:00	11:45-2:00	2:00-3:00
MEN'S MID-DISTANCE	2:15-4:15	4:15-5:15	2:15-4:15	4:15-5:15
MEN'S LONG SPRINTS	1:00-3:00	3:00-4:00	1:00-3:00	3:00-4:00

WEDNESDAY	
Practice	Lifting
10:30-12:30	OFF
11:45-2:00	OFF
2:15-4:15	OFF
1:00-3:00	OFF

THURSDAY	
Practice	Lifting
OFF	OFF
OFF	OFF
OFF	OFF
OFF	OFF

FRI
Practice
10:30-12:30
11:45-2:00
2:15-4:15
1:00-3:00

DAY
Lifting
1:00-2:00
2:00-3:00
4:15-5:15
3:00-4:00

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Practice	Lifting	Practice	Lifting	Practice	Lifting	Practice	Lifting	Practice	Lifting
<b>400 Hurdle Women:</b>	11:00-1:00	1:30-2:30	11:00-1:00	1:30-2:30	11:00-1:00	OFF	11:00-1:00	1:30-2:30	11:00-1:30	OFF
<b>Sprints Women:</b>	11:00-1:00	1:30-2:30	11:00-1:00	1:30-2:30	11:00-1:00	OFF	11:00-1:00	1:30-2:30	11:00-1:31	OFF
<b>Multi Women</b>	12:00-2:30	5:00-6:00PM	12:00-2:30	5:00-6:00PM	12:00-2:30	OFF	12:00-2:30	5:00-6:00PM	12:00-2:30	OFF
<b>100 Hurdle Women:</b>	12:00-2:30	2:30-3:30	12:00-2:30	2:30-3:30	12:00-2:30	OFF	12:00-2:30	2:30-3:30	12:00-2:30	OFF
<b>Multi Men :</b>	12:00-2:30	5:00-6:00PM	12:00-2:30	5:00-6:00PM	12:00-2:30	OFF	12:00-2:30	5:00-6:00PM	12:00-2:30	OFF
<b>Hurdle Men :</b>	1:00-3:30	3:30-4:30	1:00-3:30	3:30-4:30	1:00-3:30	OFF	1:00-3:30	3:30-4:30	1:00-3:30	OFF
<b>Sprints Men:</b>	1:00-3:30	3:30-4:30	1:00-3:30	3:30-4:30	1:00-3:30	OFF	1:00-3:30	3:30-4:30	1:00-3:30	OFF

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
	Practice	Lifting	Practice	Lifting	Practice	Lifting	Practice	Lifting	Practice	Lifting	
<b>Verticle Jumps</b>	2:30-4:00	5:00-6:00PM	2:30-4:00	5:00-6:00PM	OFF	OFF	2:30-4:00	5:00-6:00PM	2:30-4:00	5:00-6:00PM	On non-meet weeks
<b>Horizontal Jumps</b>	3:00-5:00	5:00-6:00PM	3:00-5:00	5:00-6:00PM	OFF	OFF	3:00-5:00	5:00-6:00PM	3:00-5:00	5:00-6:00PM	On non-meet weeks
<b>Multis_</b>	12:00-2:30	5:00-6:00PM	12:00-2:30	5:00-6:00PM	12:00-2:30	OFF	12:00-2:30	5:00-6:00PM	12:00-2:30	OFF	