

	DAYS	PRACTICE	WEIGHTS
NAME	M-F	10:00-11:30	2:00-4:00

Tate Joens

Austin Busch

Peyton Wilson

Lilly Lowry

NAME	M-F	11:15-12:45	2:00-4:00
------	-----	-------------	-----------

Sydney Smith

Duke Faley

Bryce Ruland

NAME	M-F	12:00-1:30	2:00-4:00
------	-----	------------	-----------

Mike Stein

Wisdom Williams

Brady Mider

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

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY	
	Practice	Lifting		Practice	Lifting		Practice	Lifting		Practice	Lifting		Practice	Lifting
<u>400 Hurdle Women:</u>	11:00-1:30	1:30-2:30		11:00-1:30	1:30-2:30		11:00-1:30	Off		11:00-1:30	1:30-2:30		11:00-1:30	Off
<u>Sprints Women:</u>	11:00-1:30	1:30-2:30		11:00-1:30	1:30-2:30		11:00-1:30	Off		11:00-1:30	1:30-2:30		11:00-1:30	Off
<u>Multi Women</u>	12:00-2:30	2:30-3:30		11:45-2:15	2:30-3:30		11:45-2:15	Off		11:45-2:15	2:30-3:30		11:45-2:15	Off
<u>100 Hurdle Women:</u>	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
<u>Multi Men :</u>	12:30-2:30	3:30-4:30		12:30-3:00	3:30-4:30		12:30-3:00	Off		12:30-3:00	3:30-4:30		12:30-3:00	Off
<u>Hurdle Men :</u>	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
<u>Sprints Men:</u>	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
<u>High Jumps</u>	11:00-1:30	1:30-2:30	11:00-1:30	1:30-2:30	1:30-3:00	OFF	11:00-1:30	1:30-2:30	11:00-1:30	OFF
<u>Horizontal Jumps</u>	1:30-3:30	3:30-4:30	1:30-3:30	3:30-4:30	1:30-3:30	OFF	1:30-3:30	3:30-4:30	1:30-3:30	OFF
<u>Multis</u>	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