

### Spring Break Practice Schedule

| <b>Thursday,<br/>April 1st</b> |                                 | <b>Friday,<br/>April 2nd</b> |                                 |
|--------------------------------|---------------------------------|------------------------------|---------------------------------|
| <b>1pm<br/>to 2:30</b>         | Sprinters<br>Distance           | <b>10am<br/>to 11am</b>      | Throwers<br>Hurdlers<br>Jumpers |
| <b>2:30<br/>to 4pm</b>         | Throwers<br>Hurdlers<br>Jumpers | <b>11am<br/>to noon</b>      | Sprinters<br>Distance           |

|                          | <b>Monday,<br/>April 5th</b>    | <b>Tuesday,<br/>April 6th</b>   | <b>Wednesday,<br/>April 7th</b> | <b>Thursday,<br/>April 8th</b>  | <b>Friday,<br/>April 9th</b>    |
|--------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <b>10am<br/>to 11:30</b> | Throwers<br>Hurdlers<br>Jumpers | Sprinters<br>Distance           | Throwers<br>Hurdlers<br>Jumpers | Sprinters<br>Distance           | Throwers<br>Hurdlers<br>Jumpers |
| <b>11:30<br/>to 1pm</b>  | Sprinters<br>Distance           | Throwers<br>Hurdlers<br>Jumpers | Sprinters<br>Distance           | Throwers<br>Hurdlers<br>Jumpers | Sprinters<br>Distance           |

### Normal Practice Schedule *following this schedule starting 4/12*

|                          | <b>Monday</b>                   | <b>Tuesday</b>                  | <b>Wednesday</b>                | <b>Thursday</b>                 | <b>Friday</b>                   |
|--------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <b>2:30pm<br/>to 4pm</b> | Throwers<br>Hurdlers<br>Jumpers | Sprinters<br>Distance           | Throwers<br>Hurdlers<br>Jumpers | Sprinters<br>Distance           | Throwers<br>Hurdlers<br>Jumpers |
| <b>3:30<br/>to 5pm</b>   | Sprinters<br>Distance           | Throwers<br>Hurdlers<br>Jumpers | Sprinters<br>Distance           | Throwers<br>Hurdlers<br>Jumpers | Sprinters<br>Distance           |