

MONDAY 3.9.26	TUESDAY 3.10.26	WEDNESDAY 3.11.26	THURSDAY 3.12.26	FRIDAY 3.13.26
7 th grade boys	8 th grade boys	7 th grade boys	7 th grade girls	No practice
7 th grade girls	8 th grade girls	8 th grade boys	8 th grade girls	

MONDAY 3.23.26	TUESDAY 3.24.26	WEDNESDAY 3.25.26	*THURSDAY* 3.26.26	FRIDAY 3.27.26
<i>Optional Practice</i>	1 st Event	3 rd Event	2 nd Event	1 st Event
	2 nd Event	1 st Event	3 rd Event Parent Meeting at 4:45 pm	2 nd Event

MONDAY 3.30.26	TUESDAY 3.31.26	WEDNESDAY 4.1.26	THURSDAY 4.2.26	FRIDAY 4.3.26
1 st and 2 nd	Track Meet at	1 st Event	3 rd Event	2 nd Event
2 nd and 3 rd	Patton Junior High School	2 nd Event	1 st Event	3 rd Event

MONDAY 4.6.26	TUESDAY 4.7.26	WEDNESDAY 4.8.26	THURSDAY 4.9.26	FRIDAY 4.10.26
1 st and 2 nd	Track Meet at	Recovery	Track Meet at	No Practice
2 nd and 3 rd	Pioneer Ridge Middle School		MTMS	

MONDAY 4.13.26	TUESDAY 4.14.26	WEDNESDAY 4.15.26	THURSDAY 4.16.26	FRIDAY 4.17.25
1 st Event	1 st and 2 nd	Track Meet at	1 st Event	No practice
2 nd Event	2 nd and 3 rd	Leavenworth- Warren	2 nd Event	

MONDAY 4.20.26	*TUESDAY* 4.21.26	WEDNESDAY 4.22.26	THURSDAY 4.23.26	FRIDAY 4.24.26
No Practice	1 st and 2 nd	LT Invitational at	1 st Event	
	2 nd and 3 rd	DHS	2 nd Event	

MONDAY 4.27.26	TUESDAY 4.28.26	WEDNESDAY 4.29.26	THURSDAY 4.30.26	FRIDAY 5.1.26
3 rd Event	1 st and 2 nd	KVL Meet at	KVL Rain Date	
1 st Event	2 nd and 3 rd	Gardner High School		

Two rotations practice:

3:15-3:30: Attendance, announcements, warm-up

3:30-3:55: 1st Rotation

4:00-4:25: 2nd Rotation

Three rotation practice:

3:15-3:40: 1st Event

3:45-4:10: 2nd Event

4:15-4:30: 3rd Event

Recovery Practice: 3:15-4pm

-We will divide the team into six groups based on their 1st event. We will then rotate everyone through a light workout hitting a variety of different exercises. Each station will last five minutes.

Webb- Logistics

Ester- Short sprints

Parker- Core

Bowden- Plyo

Kiem- Dynamic stretching

Ping- Longer running

IMPORTANT DATES

Monday, 3.23.26

This is an optional practice because athletes are not in school.

Thursday, 3.26.26

Parent Meeting starting at 4:45 pm in the MTMS Commons.

Tuesday, 4.21.26

All nonparticipants for the LT Invitational and League meet will need to turn in their uniforms during WIN.

Friday, 5.1.26:

All uniforms turned in during WIN