

**WCSS 2010 TRACK & FIELD
PRACTICE & MEET SCHEDULE**

DAY	EVERY	TUE	THUR	TUE	THUR	SAT	TUE	THUR	SAT	TUE	THUR	SAT	SUN	TUE	THUR	FRI	SAT	TUE	THUR	FRI	SAT	TUE	THUR	FRI	SAT	THUR											
DATE	All	6-Apr	8-Apr	13-Apr	15-Apr	17-Apr	20-Apr	22-Apr	24-Apr	27-Apr	29-Apr	1-May	2-May	4-May	6-May	7-May	8-May	11-May	13-May	14-May	15-May	18-May	20-May	21-May	22-May	27-May											
START	GYM	GYM	GYM	GYM	GYM	SOUTH	GYM	GYM	PIUS	GYM	GYM	MHS	CMH	GYM	GYM	B. EAST	B. EAST	GYM	GYM	CMH	CMH	CMH	GYM	CMH	CMH	ST MARY											
FINISH	GYM	TRACK	TRACK	TRACK	TRACK	SOUTH	TRACK	TRACK	PIUS	TRACK	TRACK	MHS	CMH	TRACK	TRACK	B. EAST	B. EAST	TRACK	TRACK	CMH	CMH	CMH	TRACK	CMH	CMH	ST MARY											
GROUP	TIME	5:30 6:00	6:00 6:30	6:00 6:30	6:00 6:45 6:45 7:30	6:00 6:45 6:45 7:30	8:00 4:00	6:00 6:45 6:45 7:30	6:00 6:45 6:45 7:30	1:00 6:00	6:00 6:45 6:45 7:30	6:00 6:45 6:45 7:30	8:00 4:00	1:00 4:30	6:00 6:45 6:45 7:30	6:00 6:45 6:45 7:30	5:00 8:00	8:00 5:00	6:00 6:45 6:45 7:30	6:00 6:45 6:45 7:30	5:00 8:00	10:00 5:00	5:00 8:00	6:00 6:45 6:45 7:30	5:00 8:00	10:00 5:00	5:30 7:00										
G I R L S	lanes/location 5TH	1 1&2	East	3&4	W	A	U	C	H	A	G	P	Hood	B	F	G	ST.	BATTLE	E/H	C	1&2	ST.	ST.	F		H	O	L	L	Y	R	U	N	G	R	E	S
	lanes/location 6TH	3	East	7&8	D	C	H	A	G	East	F	U	East	C	A	H	B	L	FOR	C	D	G	F			F		O	L	L	Y	FOR	F	A	T	A	
	lanes/location 7TH	5	1&2	West	7&8	D	H	F	C	G	E	A	H	B	D	F	A/C	XI	THE	C	G					F		A	P	O	S	T	E	R	E	R	
	lanes/location 8TH	7	1&2	East	3&4	D	F	G	D	F	B	A/C	G	C/G	F	H	D	8TH	SWORD	G	E					F		A	P	O	S	T	E	R	W	A	A
B O Y S	lanes/location 5TH	2 3&4	East	Hood	H	C	G	B	West	G	B	E	I	West	A	D	E/H	C	R	E	L	A	Y	West	G	F											
	lanes/location 6TH	4	West	Hood	D	B	A	G	E	H	D	C	7&8	B	G	B	E	I	THE	D	A	G	F			F											
	lanes/location 7TH	6	5&6	3&4	7&8	D	E	H	C	B	F	G	A	D	H	A/C	G	INDOOR	F	C	G	D															
	lanes/location 8TH	8	5&6	West	3&4	D	G	D	F	B	G	F	A/C	F	C/G	D	H	INDOOR	B	G	A	C															

	WORKOUT	NORMAL LOCATION	NOTES
T R A C K	A STARTS	TRACK LANES 7 & 8	NO BLOCKS, STANDARD BLOCKS and/or MOYE BLOCKS.
	B SPRINTS	TRACK LANES 5 & 6	100 and 200 and 400 METERS. ALSO HARNESS TRAINING INSIDE ST. MARY'S GYM.
	C RELAYS	TRACK LANES 1 & 2	4 X 100 and 4 X 400 METERS.
	D DISTANCE	NEIGHBORHOOD and/or TRACK LANES 3 & 4	800 METERS (5TH GRADE). 800 and 1600 METERS (6TH, 7TH, 8TH GRADE).
	E STEPS and/or HILLS	CMHS STEPS and/or HILLS	QUICKNESS and STRENGTH.
	F HIGH JUMP	HIGH JUMP PIT and/or CMHS GYM	USERS HELP SET UP AND TAKE DOWN PIT.
	G LONG JUMP	LONG JUMP PITS	USE TAPE MEASURES and BOTH PITS.
	H SOFTBALL or SHOTPUT	INFIELD or SHOTPUT CAGE	SOFTBALL (5TH, 6TH GRADE). SHOTPUT (7TH, 8TH GRADE).
G R O U N D S	A STARTS	ALONG NORTH WALL OF ST. MARY'S GYM	NO BLOCKS, STANDARD BLOCKS and/or MOYE BLOCKS.
	B SPRINTS	SOUTH PLAYGROUND	100 and 200 and 400 METERS. ALSO HARNESS TRAINING INSIDE ST. MARY'S GYM.
	C RELAYS	NORTH PLAYGROUND	4 X 100 and 4 X 400 METERS.
	D DISTANCE	NEIGHBORHOOD	800 METERS (5TH GRADE). 800 and 1600 METERS (6TH, 7TH, 8TH GRADE).
	E STEPS and/or HILLS	ST. MARY'S STEPS and/or HILLS	QUICKNESS and STRENGTH.
	F HIGH JUMP	FAR WEST VALLEY	APPROACH TECHNIQUE.
	G LONG JUMP	MIDDLE VALLEY	APPROACH TECHNIQUE. USE TAPE MEASURES.
	H SOFTBALL or SHOTPUT	FAR EAST VALLEY	SOFTBALL (5TH, 6TH GRADE). SHOTPUT (7TH, 8TH GRADE).

Coaches are free to deviate from the above assignments within reason. The schedule is primarily to avoid conflicts between grades. It is of particular importance with respect to high jump and long, where there is limited access to required equipment and pits.

Coaches should make an effort to allow athletes to practice field events in which they are scheduled to compete in the next upcoming meet.