

End of Season Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4/19 - 4/24	5:30 HVA Track Field Sprint	3:45 HVMS PKL Distance	3:45 HVMS Parking Lot Field Sprint	3:45 HVMS PKL Distance	3:45 HMS PKL Everyone	
4/26 - 5/1	5:30 HVA Track Field Sprint	3:45 HVMS PKL Distance	3:45 HVMS Parking Lot Field Sprint	3:45 HVMS PKL Distance	3:45 HMS PKL Everyone	<b>MEET @ Maryville Knox Co. Championships On Saturday 5/1/21</b>
5/3 - 5/8	3:45 HVMS PKL Field Sprint	3:45 HVMS PKL Distance	3:45 HVMS Parking Lot Pre-Race	<b>MEET @ HVA Knox Co. Championships</b>	<b>MEET @ HVA Knox Co. Championships</b>	
5/10-15	3:45 HVMS PKL Field Sprint Distance	3:45 HVMS PKL Pre-Race	<b>MEET @ HVA Elite Championships</b>	Recovery: No Practice	3:45 HMS PKL Everyone	
5/17-22	5:30 HVA Track Field Sprint	3:45 HVMS PKL Distance	5:30 HVA Track Field Sprint	3:45 HVMS PKL Distance	3:45 HMS PKL Everyone	<b>MEET @ Austin Peay State Championships</b>