

HVMS Track Practice Schedule 2021

****This is a working draft. All is subject to change!

Distance Sprint Field Everyone

Week of	Monday	Tuesday	Wednesday	Thursday	Friday
2/1 - 2/6	3:45 HVMS Gym Conditioning	5:30-7:00 HVA Conditioning	3:45 HVMS Conditioning	5:30-7:00 HVA Conditioning	3:45 HVMS Conditioning
2/8 - 2/13	3:45 HVMS Gym Conditioning	5:30 HVA Track Field Sprint	3:45 HVMS Parking Lot Distance	5:30 HVA Track Field Sprint	3:45 HVMS Parking Lot Distance
2/15 - 2/20	3:45 HVMS Gym Conditioning	5:30 HVA Track Field Sprint	3:45 HVMS Parking Lot Distance	5:30 HVA Track Field Sprint	3:45 HVMS Parking Lot Distance
2/22 - 2/27	3:45 HVMS Gym Conditioning	5:30 HVA Track Field Sprint	3:45 HVMS Parking Lot Distance	5:30 HVA Track Field Sprint	3:45 HVMS Parking Lot Distance
3/1 - 3/6	3:45 HVMS Gym Conditioning	5:30 HVA Track Field Sprint	3:45 HVMS Parking Lot Distance	5:30 HVA Track Field Sprint	3:45 HVMS Parking Lot Distance
3/8 - 3/13	3:45 HVMS Gym Conditioning	5:30 HVA Track Field Sprint	3:45 HVMS Parking Lot Distance	MEET @ Austin East HS	Recovery: No Practice
3/15 - 3/20	Spring Break!!!	Spring Break!!!	Spring Break!!!	Spring Break!!!	Spring Break!!!

3/22 - 3/27	5:30 HVA Track Field Sprint	3:45 HVMS PKL Distance	3:45 HVMS Parking Lot Pre-Race	MEET @ Central HS	Recovery: No Practice
3/29 - 4/3	5:30 HVA Track Field Sprint	3:45 HVMS PKL Distance	3:45 HVMS Parking Lot Pre-Race	MEET @ West HS	Recovery: No Practice
4/5 - 4/10	5:30 HVA Track Field Sprint	3:45 HVMS PKL Distance	3:45 HVMS Parking Lot Pre-Race	MEET @ HVA	Recovery: No Practice
4/12 -4/17	MEET @ CAK NO BUS	Recovery: No Practice	3:45 HVMS Parking Lot Pre-Race	MEET @ HVA	Recovery: No Practice
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 Parking Lot 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 Parking Lot Everyone
5/3 - 5/8	5:30 HVA Track Field Sprint	3:45 HVMS PKL Distance	3:45 HVMS Parking Lot Pre-Race	MEET @ HVA Knox Co. Championships	MEET @ HVA Knox Co. Championships
5/11-15	5:30 HVA Track Field Sprint Distance	3:45 HVMS PKL Pre-Race	MEET @ HVA Elite Championships		