

KMS Track Practice Schedule 2024

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

Distance Sprint Field Everyone

Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2/5 - 2/9	3:45 KMS Gym Conditioning	5:30-6:30 KHS Track Conditioning	3:45 KMS Track Conditioning	5:30- 6:30 KHS Track Conditioning	Conditioning (on your own)	
2/12 - 2/16	3:45 KMS Track Distance Field	5:30 KHS Track Sprint	3:45 KMS Track Distance Field (If Early Release practice will be moved to Friday)	5:30 KHS Track Sprint	Conditioning (on your own)	
2/19 - 2/23	3:45 KMS Track Distance Field (If Inservice practice will be moved to Friday)	**3:45 KMS Track Sprint	3:45 KMS Track Distance Field	**3:45 KMS Track Sprint	Conditioning (on your own)	
2/26 - 3/1	3:45 KMS Track Distance Field	5:30 KHS Track Sprint	3:45 KMS Track Distance Field **Throwing and Distance Time Trials	5:30 KHS Track Sprint Sprint Time Trials	Conditioning (on your own)	
3/4 - 3/8	3:45 KMS Track Distance Field	5:30 KHS Track Sprint	3:45 KMS Track Pre Race Meeting	MEET @ Farragut HS	Recovery (no practice)	
3/11 - 3/15	Spring Break!!!	Spring Break!!!	Spring Break!!!	Spring Break!!!	Spring Break!!!	

3/18 - 3/22	3:45 KMS Track Distance Field	5:30 KHS Track Sprint	3:45 KMS Track Pre-Race	MEET @ HVA	Recovery (no practice)	
3/25 - 3/29	3:45 KMS Track Distance Field	5:30 KHS Track Sprint	3:45 KMS Track Pre-Race	MEET @ Gibbs HS	Recovery (no practice)	
4/1 - 4/5	No Practice! (Inservice)	MEET @ Bearden HS	Recovery (no practice)	3:45 KMS Track Distance Field Sprint	Recovery (no practice)	
4/8 - 4/12	3:45 KMS Track Distance Field	5:30 KHS Track Sprint	3:45 KMS Track Pre-Race	MEET @ Karns HS	Recovery (no practice)	
4/15 - 4/19	CAK-KYA Track Classic **Invitational Meet	Recovery (no practice)	3:45 KMS Track Distance Field	5:30 KHS Track Sprint	Recovery (no practice)	
4/22 - 4/26	3:45 KMS Track Distance Field	**3:45 KMS Track Sprint	3:45 KMS Distance	5:30 KHS Track Sprint	Recovery (no practice)	NOT CONFIRMED SECTIONALS @ Coulter Grove **Invitational Meet
4/29 - 5/3	3:45 KMS Distance Field	**3:45 KMS Track Sprint	3:45 KMS Track Pre-Race	MEET @ HVA Knox Co. Championships	MEET @ HVA Knox Co. Championships	
5/6 - 5/10	3:45 KMS Distance Field	5:30 KHS Sprint	3:45 KMS Distance Field	5:30 KHS Sprint	Recovery (no practice)	NOT CONFIRMED SECTIONALS @ Coulter Grove **Invitational Meet
5/13 - 5/17	3:45 KMS Track Distance	5:30 KHS Track Field Sprint	3:45 KMS Track Distance	5:30 KHS Track Field Sprint	Recovery (no practice)	**STATE @ Austin Peay
5/20 - 5/24	Banquet? TBD					

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