

Waller Junior High Boys Track & Field Practice Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SPRINTERS & HURDLERS	Athletic Periods (track) (No After-School Practice if you're not doing Jumps or Pole Vault)	Athletic Periods (weight lifting & Agilities) 2:30- 4:00 PM (Practice)	Athletic Periods (track) (No After-School Practice if you're not doing Jumps or Pole Vault)	Athletic Periods (weight lifting & agilities) 2:30- 4:00 PM (Practice)
LONG/TRIPLE JUMP, HIGH JUMP, POLE VAULT	Athletic Periods (weight lifting & Agilities) 2:30- 4:00 PM (Practice)	Athletic Periods (Practice) (No After-School Practice if you're not doing track events)	Athletic Periods (weight lifting & Agilities) 2:30- 4:00 PM (Practice)	Athletic Periods (Practice) (No After-School Practice if you're not doing track events)
SHOT PUT & DISCUS	Athletic Periods (Practice) 2:30- 4:00 PM (No After-school Practice)	Athletic Periods (Practice) 2:30- 4:00 PM (No After-school Practice)	Athletic Periods (Practice) 2:30- 4:00 PM (No After-school Practice)	Athletic Periods (Practice) 2:30- 4:00 PM (No After-school Practice)
DISTANCE	Athletic Periods (Track) 2:30- 4:00 PM (blocks)	Athletic Periods (blocks) 2:30- 4:00 PM (Track)	Athletic Periods (Track) 2:30- 4:00 PM (blocks)	Athletic Periods (blocks) 2:30- 4:00 PM (Track)