

Track Schedule

Mondays at 2:45-4:30. Meet at the Timpanogos Track.

Tuesdays- Thursdays:

A-Days at 2:45-4:00. Meet at the Timpanogos Track.

B-Days at 3:15-4:45. Meet at the Timpanogos Track

Fridays at 2:30-3:30. Meet in the Oak Canyon Gym.

Notes:

- 1) Sprints, Distance, Jumps, and Shot Put will meet on all days.
- 2) If you are competing in multiple events, work with your coaches to decide on which days you should practice each event.
- 3) We are happy to work with athletes competing in other sports, such as soccer or baseball. If you are competing in another sport, work with your coaches to decide the best days for you to train for track.