

2018-2019

MCHS WINTER TRACK SCHEDULE

- **You must have a current KHSAA physical to participate!**

MONDAY, JANUARY 7 – THURSDAY, JANUARY 31

- **Voluntary** practice for all runners running track unless you are involved in a school related winter sport. (Ex: Basketball, Swimming, Wrestling) Other throwers and jumpers are encouraged to come out for conditioning
- Practice will be Monday – Thursday, 3:20 – 5:00
- We will continue with primarily distance running, tempo runs, and short sprints, but we will add a few faster days and hills in periodically. We will also continue plyometrics and sprint drills.

MONDAY, FEBRUARY 4

- **Mandatory** practice for anyone interested in running track. This now includes all sprinters, jumpers, and throwers. The only people exempt from practice are those involved in basketball, swimming, and wrestling
- Practice will be Monday – Friday from 3:20-5:15.

SPRING BREAK: APRIL 1-5.

- **There will be no practice over Spring Break this season.**