

## **Practice Schedule**

Week #7 May 17th to May 23rd

> <u>Calendar</u> <u>Weather</u>

Monday, May 17th			
<u>Distance</u>	<u>Sprints</u>	<u>Throws</u>	
2:30-5:00 PM - <u>Outdoor Track</u> 4:50 - Team Meeting (Back Circle)	2:30-5:00 PM - <u>Outdoor Track</u> 4:50 - Team Meeting (Back Circle)	2:30-5:00 PM - <u>Outdoor Track</u> 4:50 - Team Meeting (Back Circle)	
5:00 - Middle School Meet	5:00 - Middle School Meet	5:00 - Middle School Meet	
Tuesday, May 18th			
<u>Distance</u>	<u>Sprints</u>	<u>Throws</u>	
<u>Distance</u> 2:30-5:00 PM - <u>Outdoor Track</u>	Sprints  2:30-5:00 PM - Outdoor Track	<u>Throws</u> 2:30-5:00 PM - <u>Outdoor Track</u>	
	2:30-5:00 PM - <u>Outdoor Track</u>		

Thursday, May 20th		
<u>Distance</u>	<u>Sprints</u>	<u>Throws</u>
2:30-5:00 PM - <u>Outdoor Track</u>	2:30-5:00 PM - <u>Outdoor Track</u>	2:30-5:00 PM - <u>Outdoor Track</u>

## Wheaton Warrenville South High School

Tiger Girls Cross Country and Track & Field
1993 Tiger Trail
Wheaton, Illinois 60189
630-784-7200



Friday, May 21st		
<u>Distance</u>	<u>Sprints</u>	<u>Throws</u>
2:30-5:00 PM - Outdoor Track	2:30-5:00 PM - Outdoor Track	2:30-5:00 PM - Outdoor Track

Saturday, May 22nd			
<u>Distance</u>	<u>Sprints</u>	<u>Throws</u>	
No Practice	No Practice	No Practice	
Grange   Tiger Invitational @WWS	Grange   Tiger Invitational @WWS	Grange   Tiger Invitational @WWS	

Sunday, May 23rd			
<u>Distance</u>	<u>Sprints</u>	<u>Throws</u>	
Grange   Tiger Invitational @NN	Grange   Tiger Invitational @NN	Grange   Tiger Invitational @NN	