

Spring Track 2025

GREEN-MEET DAYS RED-DAYS OFF

CHECK IN 4:00-4:15

REGULAR PRACTICE DAYS: 4:15-6:15

ROTATION DAYS (Rotation 1: 4:15-5:30, Rotation 2 (Optional): 5:30-6:15)

WEEK	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
1. 2/18-2/22	No School	FIRST DAY OF PRACTICE		Rotations		
2. 2/24-3/1		Rotations		Rotations	Intrasquad Meet	
3. 3/3-3/8	Rotations	SC JV Varsity Pictures		Rotations	SC Invite JV Pictures JV Practice	SC Invite
4. 3/10-3/15	Rotations	Iron Tri @ CHS	OFF/No Practice	OFF/No Practice	OFF/No Practice	OFF/No Practice
5. 3/17-3/22		Rotations	PV Relays (JV)	Rotations	PV Invite JV OFF	PV Invite
6. 3/24-3/28		Rotations	DHHS JV	Rotations	DHHS Invite JV OFF	DHHS Invite
7. 3/31-4/4	Rotations (Sprint)	Hurricane JV/ LAX HOME (VARSITY OFF)		Rotations	Hurricane Invite JV Practice	OFF
8. 4/7-4/12	Rotations (Sprint)	LAX HOME/No Practice (Team Meal)	Dixie JV	Rotations	Dixie Invite Arcadia JV OFF	Dixie Invite Arcadia
9. 4/14-4/19 Spring Break Practice Opt.	Optional Practice	Optional Practice	CC JV	OFF/No Practice	OFF/No Practice	OFF/No Practice
10. 4/21-4/26	LAX HOME Cafeteria/ Weightroom	Rotations	YOUTH CLINIC ALL PRESENT	Rotations	CC Invite JV OFF	CC Invite
11. 4/28-5/3	Rotations	LAX HOME	JV Region hosted by CHS	Depart for BYU/Varsity Practice	BYU Invite SUU Invite	BYU Invite SUU Invite

12. 5/5-5/10	(V Throw)	Rotations	Region @ SUU hosted by CHS	Region @ SUU hosted by CHS	OFF	OFF
13. 5/12-5/17	(V Throw)	Rotations (LAX?)	(V Throw)	Travel to State Meet	State Meet	State Meet
14. 5/19-5/23	Track Banquet 5:00-5:50 on the track					