

## **Practice Schedule**

Week #3 April 19th to April 25th

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

Monday, April 19th		
<u>Distance</u>	<u>Sprints</u>	<u>Throws</u>
2:30-5:00 PM - Outdoor Track	2:30-5:00 PM - <u>Outdoor Track</u>	2:30-5:00 PM - <u>Outdoor Track</u>

Tuesday, April 20th		
<u>Distance</u>	<u>Sprints</u>	<u>Throws</u>
2:30-5:00 PM - <u>Outdoor Track</u> 4:45 - Team Meeting (TBA)	2:30-5:00 PM - <u>Outdoor Track</u> 4:45 - Team Meeting (TBA)	2:30-5:00 PM - <u>Outdoor Track</u> 4:45 - Team Meeting (TBA)

Wednesday, April 21st		
	Meet Day	

Geneva Dual @WWS

Thursday, April 22nd		
<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
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Friday, April 23rd		
<u>Distance</u>	<u>Sprints</u>	<u>Throws</u>
2:30-5:00 PM - Outdoor Track	4:20-6:05 PM - <u>Outdoor Track</u>	4:20-6:05 PM - <u>Outdoor Track</u>

Saturday, April 24th		
<u>Distance</u>	<u>Sprints</u>	<u>Throws</u>
Naperville  Wheaton Invitational	Naperville  Wheaton Invitational	Naperville   Wheaton Invitational

Sunday, April 25th		
<u>Distance</u>	<u>Sprints</u>	<u>Throws</u>
Naperville  Wheaton Invitational	Naperville  Wheaton Invitational	Naperville  Wheaton Invitational