



# 2019 IRONDALE TRACK

## Monday April 8th

### Track Practice

- 3:30-Warm-up at the track
- 3:40-Coaches Meeting
- 3:50-Workout with team
- 4:50-Team core workout or get uniform

## Tuesday April 9th

### Centennial Meet @ Centennial

- 2:20-Boys Bus at Highview
- 2:30-Busses at Irondale
- 3:45-Meet starts at Centennial
- 7:30-back at Irondale

## Wednesday April 10th

### Track Practice

- 3:30-Warm-up at the track
- 3:40-Coaches Meeting
- 3:50-Workout with team
- 4:50-Team Fundraiser in Room22 (15 min.)



## Thursday April 11th

### Track Practice

- 3:30-Warm-up at the track
- 3:40-Coaches Meeting
- 3:50-Workout with team
- 4:50-Team Carbo-Load in IHS Cafe.

## Friday April 12th

### Knights Under the Lights Meet

- 3:00-Meet out at the track
- 3:30-Field Events start
- 4:20-Track events start
- 8:00-Track meet ends

## Saturday April 13th

### Distance Practice

- 8:00am Distance Workout

## Sunday April 14th

### Rest and Study

