



2019 IRONDALE TRACK



Monday April 15th

Track Practice

- 3:30-Warm-up at the track
- 3:40-Coaches Meeting
- 3:50-Workout with team
- 4:50-Team Core workout

Tuesday April 16th

ST.LP Meet @ St. Louis Park

- 2:20- Students released from class
- 2:30- Busses at Irondale
- 3:30- Workout at IHS if not in meet
- 4:00- Meet starts at St.Louis Park
- 8:00- back at Irondale

Wednesday April 17th

Track Practice

- 3:30-Warm-up at the track
- 3:40-Coaches Meeting
- 3:50-Workout with team

Thursday April 18th

River Falls, WI Boarder Battle Meet

- 1:40- Students released from class
- 1:50-Busses at Irondale
- 4:00-Meet starts at UW River Falls Track
- 9:00-back at Irondale

Friday April 19th

Distance Practice

- 8:00am Distance Workout

Saturday April 20th

Distance Practice

- 8:00am Distance Workout

Sunday April 21st

Rest and Study

