



2019 IRONDALE TRACK



Monday May 6th

Track Practice

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

Tuesday May 7th

True Team Meet

- 2:45/3:00-Busses at Highview/Irondale
- 2:50- Students released from class at IHS
- 4:00- Meet starts at Mounds View
- 9:00- back at Irondale

Wednesday May 8th

Track Practice and Photos

- 3:30-Warm-up at the track
- 3:40-Coaches Meeting
- 4:00- Team Photos with David Banks and than workout with the team

Thursday May 9th

JV at Champlin Park / V Practice

- 2:20/2:30-Busses at Highview/Irondale
- 2:20- Students released from class at IHS
- 3:30- Varsity Practice at Irondale
- 3:45- Meet starts at Champlin Park HS
- 7:30- back at Irondale

Friday May 10th

Track Practice

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

Saturday May 11th

Rest and Study

- 8:00am- Distance Workout

Sunday May 12th

Rest and Study

