

FARRAGUT SCHEDULE

Week of: **February 10**

Set the starting date in cell C2. Rows 3 and 4 will automatically update with the correct dates and days of the week.

| | 2/10 MONDAY | 2/11 TUESDAY | 2/12 WEDNESDAY | 2/13 THURSDAY | 2/14 FRIDAY | 2/15 SATURDAY | 2/16 SUNDAY |
|-----------------------|--|--|--|---|--|-------------------------------|---|
| DISTANCE | @ Track Coach Allison | @ Track Coach Allison | @Track Coach Allison/Stu | @ Track Coach Allison | @ Track Coach Allison/Stu | | |
| SPRINTS | @ Track | @ Track | @ Track | @ Track | @ Track | | |
| THROWS | @ Track Coach Champion Ezra | @ Gym/Weights | @ Track Coach Champion Jackson/Schuman after HJ | @ Gym/Weights Coach Champion | No Throws Practice | | |
| POLE VAULT | @ Track Coach Quist | @ Track Coach Quist Jackson/Schuman/Nathan | No Pole Vault Practice | @ Track Coach Quist | No Pole Vault Practice | @ Track Coach Quist 2:30pm | @ Track Coach Quist 2:30 Nathan,Jackson, Schuman try and get there Sat or Sun for extra work |
| G JUMP TRIPLE JUMP | @Track Coach Duncan Sam/Zach/Eddy/Emily Abbi | | @ Track Coach Duncan Laura/Wrenna/Abbi/Cameron Brett | | | | |
| MULTI | @ Track Coach Mayes/Allison Jackson/Shuman/Mason Cameron/Brett/Shrayva/Bre | @ Track coach Allison Mason/Cameron/Brett/Wrenna/ Laura/Emily | | @ Track Coach Allison/Mayes Brett/Cam/Jackson/Mason Schuman/Bre/Emily/Abbagale Shrayva | Hurdle Work @ Track Coach Worrel Mason/Schuman/Nathan/Cam Brett/Jackson/Laura Bre/Emily/Abbi/Wrenna | | |
| High Jump | | @ Track Coach Mayes Bre/Kendall/Abbi/Shrayva/Callie Annabale after Mileage | @ Track Coach Mayes Mason/Schuman/Jackson/Eddy Nathan after Throws | | | | |

NOTES

TO DO

