

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10 <i>Sky Club- Members Meeting 2:00-4:00</i>
11	12	13	14	15	16	17
18 <i>Adams Center- Pole Vault 6:00-8:00PM</i>	19 <i>Griz Field- Agility & Coordination 7:00-8:00PM</i>	20	21 <i>Adams Center Field Events/Hurdles 6:30-8:00PM -OR- Griz Field- Functional Strength 7:00-8:00PM</i>	22 <i>Peak 6:30-8:00PM</i>	23	24
25 <i>Adams Center- Pole Vault 6:00-8:00PM</i>	26 <i>Griz Field- Agility & Coordination 7:00-8:00PM</i>	27	28 <i>Thanksgiving</i>	29 Off	30	

Mountain West Youth Track Club
 2019-2020 Middle School Indoor Practice Schedule

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 <i>Adams Center- Pole Vault 6:00-8:00PM</i>	3 <i>Griz Field- Agility & Coordination 7:00-8:00PM</i>	4	5 <i>Adams Center Field Events/Hurdles 6:30-8:00PM -OR- Griz Field- Functional Strength 7:00-8:00PM</i>	6 <i>Peak 6:30-8:00PM</i>	7	8
9 <i>Adams Center- Pole Vault 6:00-8:00PM</i>	10 <i>Griz Field- Agility & Coordination 7:00-8:00PM</i>	11	12 <i>Adams Center Field Events/Hurdles 6:30-8:00PM -OR- Griz Field- Functional Strength 7:00-8:00PM</i>	13 <i>Peak 6:30-8:00PM</i>	14	15
16 <i>Adams Center- Pole Vault 6:00-8:00PM</i>	17 <i>Griz Field- Agility & Coordination 7:00-8:00PM</i>	18	19 <i>Adams Center Field Events/Hurdles 6:30-8:00PM -OR- Griz Field- Functional Strength 7:00-8:00PM</i>	20 <i>Peak 6:30-8:00PM</i>	21	22
23 <i>Adams Center- Pole Vault 6:00-8:00PM</i>	24 Off	25 Off	26 Off	27 Off	28	29
30 <i>Adams Center- Pole Vault 6:00-8:00PM</i>	31 <i>Griz Field- Agility & Coordination 7:00-8:00PM</i>					

Mountain West Youth Track Club
 2019-2020 Middle School Indoor Practice Schedule

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 <i>Adams Center Field Events/Hurdles 6:30-8:00PM -OR- Griz Field- Functional Strength 7-8PM</i>	3 <i>Peak 6:30-8:00PM</i>	4	5
6 <i>Adams Center- Pole Vault 6:00-8:00PM</i>	7 <i>Griz Field- Agility & Coordination 7:00-8:00PM</i>	8	9 <i>Adams Center Field Events/Hurdles 6:30-8:00PM -OR- Griz Field- Functional Strength 7-8PM</i>	10 <i>Peak 6:30-8:00PM</i>	11	12
13 <i>Adams Center- Pole Vault 6:00-8:00PM</i>	14 <i>Griz Field- Agility & Coordination 7:00-8:00PM</i>	15	16 <i>Adams Center Field Events/Hurdles 6:30-8:00PM -OR- Griz Field- Functional Strength 7-8PM</i>	17 <i>Peak 6:30-8:00PM</i>	18	19
20 <i>Adams Center- Pole Vault 6:00-8:00PM</i>	21 <i>Griz Field- Agility & Coordination 7:00-8:00PM</i>	22	23 <i>Adams Center Field Events/Hurdles 6:30-8:00PM -OR- Griz Field- Functional Strength 7-8PM</i>	24 <i>Peak 6:30-8:00PM</i>	25	26
27 <i>Adams Center- Pole Vault 6:00-8:00PM</i>	28 <i>Griz Field- Agility & Coordination 7:00-8:00PM</i>	29	30 <i>Adams Center Field Events/Hurdles 6:30-8:00PM -OR- Griz Field- Functional Strength 7-8PM</i>	31 <i>Peak 6:30-8:00PM</i>		

February 2020

Mountain West Youth Track Club
2019-2020 Middle School Indoor Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 <i>Adams Center- Pole Vault 6:00-8:00PM</i>	4 <i>Griz Field- Agility & Coordination 7:00-8:00PM</i>	5	6 <i>Adams Center Field Events/Hurdles 6:30-8:00PM -OR- Griz Field- Functional Strength 7-8PM</i>	7 <i>Peak 6:30-8:00PM</i>	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	