

One mile, one workout, one day at a time!!!

JAMES ISLAND TRACK AND FIELD

2024 - February

All paperwork and instruction:
<https://jamesislandtrackandfield.weebly.com/>

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 Practice 4:00 – 5:45	2 Practice 4:00 – 5:45	3 Distance – Bridge 9:00 – 10:30 <u>Downtown Side!!!</u>
4 Off Active Rest. Stretch.	5 Practice 4:00 – 5:45	6 Practice 4:00 – 5:45	7 Practice 4:00 – 5:45	8 Practice 4:00 – 5:45	9 Practice 4:00 – 5:45	10 Distance – Bridge 9:00 – 10:30 <u>Downtown Side!!!</u>
11 Off Active Rest. Stretch.	12 Practice 3:45 – 6:00	13 Practice 3:45 – 6:00	14 Practice 3:45 – 6:00	15 Practice 3:45 – 6:00	16 Early Release Practice 3:45 – 6:00 <i>***Maybe Earlier</i>	17 Distance – Bridge 9:00 – 10:45 <u>Downtown Side!!!</u> (Last bridge run)
18 Off Active Rest. Stretch.	19 – No School (President's Day) Distance 9:00- 11:00a Sprints - TBD Throws - TBD	20 Practice 3:45 – 6:00	21 Scrimmage at Stratford 5:00pm Bus leaves TBD..	22 Practice 3:45 – 6:00	23 Practice 3:45 – 6:00	24 JI Distance & Throws Festival at Stall HS 10:00am Bus leaves TBD...
25 Off Active Rest. Stretch.	26 Practice 3:45 – 6:00	27 Practice 3:45 – 6:00	28 Practice 3:45 – 6:00	29 JICHS Early Release Practice 3:45 – 6:00 <i>***Maybe Earlier</i>		

ALL BRIDGE PRACTICES will be on the DOWNTOWN SIDE of the Bridge