

2025 Albert McMahon Track and Field Practice Schedule

***Please note, practices begin Wednesday, April 9th and will end Monday, May 12th.

Monday	Tuesday	Wednesday	Thursday	Friday
Before School	Before School	Before School	Before School	Before School
Lunch	Lunch	Lunch	Lunch	Lunch
	Shotput/Discuss	Shotput/Discuss Long Jump (starts April 23 rd)	Highjump	
*Running Club After School	*Running Club After School	*Running Club After School	*Running Club After School	*Running Club After School
Track Events	High Jump	Track Events	Long Jump	

***Track Events include all running events (100m, 200m, 400m, 800m, 1600m)

***Please note, the lunch Running Club is an additional optional running option for students. If athletes are signed-up for the other events, they must attend their event practices.