

# TRACK AGENDA

**Muskietrack.com**

WEEK 2 3/16-3/20

NOTES:

Athlete of Week:

**Eula Berry**—Split at State indoor got us back into it

**Trey Bennett**—Solid Lead off leg for State Meet 4x200

Wooden Tags: Kellen Wilson—Helping carry implements, Louie Reicher—helping young throwers

## **Weight Room Schedule:**

Monday—Sprinters

Tuesday—Hurdler/Jumper/Throwers

Wednesday—Sprinters

Thursday—Hurdler/Jumpers

Friday--Throwers

Lifting Groups:

Sprinters

Cocca

Comisford

Rudolph Evans

Gaiters

Hurdler/Jumper/Thrower

Trey Bennett

Blevins

Booth

Hockenberry

**TRACK SCHEDULE FOR WEEK 2**

MONDAY-Hurdlers/High Jumpers/Throwers

Zumbro, S. Evans, Fahey, T. Bennett,  
Meinert, Harshbarger

Fatheree, Johnson, Blevins, Hockenberry

All Throwers

TUESDAY-Distance-All Distance

WEDNESDAY-Long Jumpers/Triple  
Jumpers/Pole Vaulters

Price, Fahey, Zumbro, Leonard, VanHorn,  
Blevins, N St. Clair, Rylee Evans, Wagner

All Throwers

THURSDAY-Sprinters/Throwers

DeSalvo, Rylee Evans, Berry, Fatheree, Ryan,  
Berry, Leech

Gaiters, Radcliffe, Radcliffe, R. Evans,  
Comisford

All Throwers—And Drake Huffman

FRIDAY-Pole Vaulters/Hurdlers/Throwers

Fahey, Price, Zumbro, S. Evans, Wilkins,  
Berry, Fatheree

Drake Huffman