

Captains

Month: February GIRLS TRACK AND FIELD CAPTAINS PRACTICE Year: 2026

Monday/23	Tuesday/24	Wednesday/25	Thursday/26	Friday/27
*Distance@6:30am Location Aux Gym Lucy Jacobs Kendra Melby	<u>NO PRACTICE</u>	*Distance@6:30am Location Aux Gym Lucy Jacobs Kendra Melby	<u>NO PRACTICE</u>	*Distance@6:30am Location Aux Gym Lucy Jacobs Kendra Melby
*Throws@6:30am Location Aux Gym Kyleah Miller		*Throws@6:30am Location Aux Gym Kyleah Miller		*Throws@6:30am Location Aux Gym Kyleah Miller
*Jumps@6:30am Location Aux Gym Anna Hilgendorf		*Jumps@6:30am Location Aux Gym Anna Hilgendorf		*Jumps@6:30am Location Aux Gym Anna Hilgendorf
*Sprints@3:05pm Upstairs Track Kendra Miller		*Sprints@3:05pm Upstairs Track Kendra Miller		*Sprints@3:05pm Upstairs Track Kendra Miller

Month: March GIRLS TRACK AND FIELD CAPTAINS PRACTICE Year: 2026

Monday/2	Tuesday/3	Wednesday/4	Thursday/5	Friday/6
*Distance@6:30am Location Aux Gym Lucy Jacobs Kendra Melby	<u>NO PRACTICE</u>	*Distance@6:30am Location Aux Gym Lucy Jacobs Kendra Melby	<u>NO PRACTICE</u>	*Distance@6:30am Location Aux Gym Lucy Jacobs Kendra Melby
*Throws@6:30am Location Aux Gym Kyleah Miller		*Throws@6:30am Location Aux Gym Kyleah Miller		*Throws@6:30am Location Aux Gym Kyleah Miller
*Jumps@6:30am Location Aux Gym Anna Hilgendorf		*Jumps@6:30am Location Aux Gym Anna Hilgendorf		*Jumps@6:30am Location Aux Gym Anna Hilgendorf
*Sprints@3:05pm Upstairs Track Kendra Miller		*Sprints@3:05pm Upstairs Track Kendra Miller		*Sprints@3:05pm Upstairs Track Kendra Miller