



**Summer Club Training Schedule for Sprints, Hurdles, Jumps,
Pole Vault and Combined Events**

Emerging Elite Training Group

May 6th - June 1st

	Time Options
Monday	3:30pm- 5:30pm or 5:30pm- 7pm
Tuesday	off
Wednesday	3:30pm- 5:30pm or 5:30pm- 7pm
Thursday	off
Friday	3:30pm- 5:30pm

June 3rd- Aug 3rd

	Time Options
Monday	10am-12pm or 4pm-5:30pm or 5:30pm-7pm
Tuesday	off
Wednesday	10am-12pm or 4pm-5:30pm or 5:30pm-7pm
Thursday	off
Friday	10am-12pm or 4pm-5:30pm

Any questions at all, please call or text 423-943-5507 or email track@jaxtrack.com