



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

**Elite Training Group**

**May 6th - June 1st**

	<b>Time Options</b>
Monday	3:30pm- 5:30pm or 5:30pm- 7pm
Tuesday	3:30pm- 5:30pm or 5:30pm- 7pm
Wednesday	3:30pm- 5:30pm or 5:30pm- 7pm
Thursday	3:30pm- 5:30pm or 5:30pm- 7pm
Friday	3:30pm- 5:30pm

**June 3rd- Aug 3rd**

	<b>Time Options</b>
Monday	10am-12pm or 4pm-5:30pm or 5:30pm-7pm
Tuesday	10am-12pm or 4pm-5:30pm
Wednesday	10am-12pm or 4pm-5:30pm or 5:30pm-7pm
Thursday	10am-12pm or 4pm-5:30pm
Friday	10am-12pm or 4pm-5:30pm

*Any questions at all, please call or text 423-943-5507 or email [track@jaxtrack.com](mailto:track@jaxtrack.com)*