



2018 LEGION NATIONAL  
YOUTH TRACK & FIELD CHAMPIONSHIPS  
PRACTICE SCHEDULE

**Thursday, August 9, 2018**

|          | Field                | Field       | Field     | Field        | Track         | Track                 | Track                        |
|----------|----------------------|-------------|-----------|--------------|---------------|-----------------------|------------------------------|
|          | Long Throws Area     | Shot Circle | High Jump | Vault Runway | Inner 3 Lanes | Home Stretch Lane 4-8 | Corner/Back Stretch Lane 4-8 |
| 9:00 AM  | Discus/Hammer Circle | Shot        | High Jump | Pole Vault   | MD/Walks      | Hurdle/Starts         | Sprints/Relays               |
| 10:30 AM | Javelin Runway/Field | Shot        | High Jump | Pole Vault   | MD/Walks      | Hurdle/Starts         | Sprints/Relays               |
| 12:00    | Closed               | Closed      | Closed    | Closed       | Closed        | Closed                | Closed                       |
| 1:00 PM  | Discus/Hammer Circle | Shot        | High Jump | Pole Vault   | MD/Walks      | Hurdle/Starts         | Sprints/Relays               |
| 3:00 PM  | Javelin Runway/Field | Shot        | High Jump | Pole Vault   | MD/Walks      | Hurdle/Starts         | Sprints/Relays               |
| 5:00 PM  | Closed for Set Up    |             |           |              |               |                       |                              |