

KMS Track Practice Schedule 2025

2025

JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 Conditioning @KMS 3:45-5:00pm Team store opens	28 Conditioning @KMS 3:45-5:00pm	29 Conditioning @KMS 3:45-5:00pm	30 Conditioning @KMS 3:45-5:00pm	31 Recovery (No practice) Team store closes		

Notes: Team Store is Open from January 27-February 1st
 All paperwork must be turned in and fees paid before students can attend conditioning or practice.

KMS Track Practice Schedule 2025

2025

FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	4 Sprint (100,200,400) 5:30-6:30 @KHS	5 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	6 ALL Practice 5:30-6:30 @KHS	7 Recovery (No practice)	8	9
10 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	11 Sprint (100,200,400) 5:30-6:30 @KHS	12 Half Day No Practice	13 ALL Practice 5:30-6:30 @KHS	14 Recovery (No practice)	15	16
17 No school No Practice	18 Time Trials Sprint (100, 400) 5:30-6:30 @KHS	19 Time Trials Makeups Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	20 Time Trials Sprint (200, 800) 5:30-6:30 @KHS	21 Time Trials Distance (1600,3200) Throwers 3:45 - 5:00 @KMS	22	23
24 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	25 Sprint (100,200,400) 3:45-5:00 @KMS	26 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	27 ALL Practice 5:30-6:30 @KHS	28 Recovery (No practice)		

Notes:

All Meets begin at 5 unless otherwise notified.

KMS Track Practice Schedule 2025

2025

MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	4 Sprint (100,200,400) 5:30-6:30 @KHS	5 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	6 ALL Practice 3:45-5:00 @KMS	7 Recovery (No practice)	8	9
10 ALL Practice 3:45-5:00 @KMS	11 Meet @Farragut	12 Recovery (No practice)	13 Sprint (100,200,400) 5:30-6:30 @KHS	14 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	15	16
17 Spring Break (No Practice)	18 Spring Break (No Practice)	19 Spring Break (No Practice)	20 Spring Break (No Practice)	21 Spring Break (No Practice)	22	23
24 ALL Practice 3:45-5:00 @KMS	25 Meet @KHS	26 Recovery (No practice)	27 Sprint (100,200,400) 5:30-6:30 @KHS	28 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	29	30
31 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS						

Notes:

KMS Track Practice Schedule 2025

2025

APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Sprint (100,200,400) 3:45-5:00 @KMS	2 ALL Practice 3:45-5:00 @KMS	3 Meet @CAK	4 Recovery (No practice)	5	6
7 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	8 Sprint (100,200,400) 3:45-5:00 @KMS	9 ALL Practice 3:45-5:00 @KMS	10 Meet @HVA	11 Recovery (No practice)	12	13
14 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	15 Sprint (100,200,400) 3:45-5:00 @KMS	16 ALL Practice 3:45-5:00 @KMS	17 Meet @Bearden	18 Recovery (No practice)	19	20
21 No school No Practice	22 Sprint (100,200,400) 3:45-5:00 @KMS	23 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	24 ALL Practice 3:45-5:00 @KMS	25 Sectionals Qualifier Meeting 3:45-4:30 @KMS Rm 214	26 Sectionals @Coulter's Grove Middle School	27
28 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	29 Sprint (100,200,400) 5:30-6:30 @KHS	30 ALL Practice 3:45-5:00 @KMS				

Notes:

KMS Track Practice Schedule 2025

2025

MAY

MON	TUE	WED	THU	FRI	SAT	SUN
			1 KCS Championships @HVA	2 Recovery (No practice)	3	4
5 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	6 Sprint (100,200,400) 5:30-6:30 @KHS	7 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	8 ALL Practice 5:30-6:30 @KHS	9 Recovery (No practice)	10	11
12 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	13 Sprint (100,200,400) 5:30-6:30 @KHS	14 Distance (800,1600,3200) Field 3:45 - 5:00 @KMS	15 ALL Practice 5:30-6:30 @KHS	16 Recovery (No practice)	17 State Meet @Austin Peay	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Notes: