

PRACTICE SCHEDULE

2017 SEC Track and Field Championship

The competition and warm-up facilities are available at the following times:

Venue	Monday May 8 th	Tuesday May 9 th	Wednesday May 10 th	Thursday May 11 th	Friday May 12 th	Saturday May 13 th	Sunday May 14 th
Weight Room (Williams Brice Stadium)	*6pm-9pm	9am-6pm	9am-6pm	9am-2pm	9am-2pm	*8am-11am	*8am-10am
Grass Warm Up Field		8am-8pm	8am-8pm	8am-11:30pm	8am-11:30pm	8am-8pm	
Cregger Track (Oval)	6pm-9pm (Shakeout)	8am-8pm	8am-8pm	7am-8:30am	7am-9am	7am-9am	
Javelin (North Runway)		10am-12pm	10am-12pm				
Javelin (Throw Complex)		6pm-8pm	6pm-8pm				
Hammer (Throw Complex)		8am-4pm	8am-4pm			7am-9am	
Discus (North Ring)		12pm-2pm	12pm-2pm				
Discus (Throw Complex)		4pm-6pm	4pm-6pm	7am-8:30am	7am-9am		
Shot Put (South Ring)		8am-6pm	8am-6pm				
Shot Put (Throw Complex)		8am-8pm	8am-8pm	7am-8:30am	7am-9am		
High Jump		8am-10am 12pm-8pm	8am-10am 12pm-8pm				
Long Jump		8am-12pm 2pm-8pm	8am-12pm 2pm-8pm				
Triple Jump		8am-12pm 2pm-8pm	8am-12pm 2pm-8pm				
Pole Vault (Outdoor)		8am-12pm 2pm-8pm	8am-12:pm 2pm-8pm				

- *The oval will be open on Monday night for shakeout only - No Field Events*

*Athletes will work out at their own risk and will need to sign a waiver form upon entering the weight room.

*All athletes using the weight room must be accompanied by a member of your official staff roster for supervision.

*Weight Room use for Monday, Saturday, and Sunday must be arranged by contacting Dan Austin by 5pm on May 1st.

(Austin4@mailbox.sc.edu)