

Linn County R-1 Track Practice Schedule 2025			
Date	Highschool	Junior High	
	HS Weight room AM		
Feb.17	No Practice		
Feb. 18	No practice		Extreme cold
Feb.19	No Practice		Extreme cold
Feb.20	6:00-7:15AM		
Feb.21	6:00-7:15AM		
Feb. 24	No Practice		
Feb. 25	6:00-7:15AM		
Feb.26	6:00-7:15AM		
Feb.27	6:00-7:15AM		
Feb. 28	6:00-7:15AM		
Mar.3	3:50-5:30 Practice	3:50-5:30 Practice	First track practice
Mar.4	3:50-5:30 Practice	3:50-5:30 Practice	
Mar. 5	No Practice	No Practice	No Practice
Mar. 6	3:50-5:30 Practice	3:50-5:30 Practice	
Mar.7	3:50-5:30 Practice	3:50-5:30 Practice	
Mar. 10	3:50-5:30 Practice	Meet @Brookfield	
Mar. 11	3:50-5:30 Practice	3:50-5:30 Practice	
Mar. 12	3:50-4:45 Practice	3:50-5:30 Practice	
Mar. 13	3:50-5:30 Practice	3:50-5:30 Practice	
Mar.14	3:50-5:30 Practice	3:50-5:30 Practice	
Mar. 17	3:50-5:30 Practice	3:50-5:30 Practice	
Mar. 18	3:50-5:30 Practice	3:50-5:30 Practice	
Mar. 19	3:50-5:30 Practice	3:50-5:30 Practice	
Mar. 20	3:50-5:30 Practice	3:50-5:30 Practice	
Mar.21	3:50-5:30 Practice	3:50-5:30 Practice	
Mar. 24	3:50-5:30 Practice	3:50-5:30 Practice	
Mar. 25	3:50-5:30 Practice	3:50-5:30 Practice	
Mar. 26	3:50-5:30 Practice	3:50-5:30 Practice	
Mar. 27	AM Practice 6:00-7:15	Atlanta meet @La Plata	Jh Leave @11:15
Mar.28	3:50-5:30 Practice	3:50-5:30 Practice	
Mar.31	La Plata Meet	La Plata Meet	Leave @11:00
Apr.1	NO practice	No AM Practice	No Practice
Apr. 2	3:50-5:30 Practice	3:50-5:30 Practice	
Apr. 3	3:50-5:30 Practice	3:50-5:30 Practice	
Apr. 4	AM Practice 6:00-7:15	Salisbury Meet	Leave @2:15
April 7	La Plata Meet	Am Practice 6:00-7:15	HS Leave @ 11:30
April 8	3:50-5:30 Practice	3:50-5:30 Practice	
Apr. 9	SW Ludlow	SW Ludlow	JH/HS leave@ 7:00AM
Apr. 10	AM practice 6:00-7:15	Meet @Brookfield	
Apr. 11	3:50-5:30 Practice	3:50-5:30 Practice	
Apr. 14	AM Practice 6:00-7:15	JH meet @La Plata	JH Leave @11:15
April 15	Salisbury Meet	AM practice 6:00-7:15	HS Leave @1:00
Apr. 16	Carrolton Meet	Carrolton Meet	????
Apr. 17	3:50-5:30 Practice	3:50-5:30 Practice	
Apr. 18	3:50-5:30 Practice	3:50-5:30 Practice	
Apr. 21	NO PRACTICE	NO PRACTICE	
April 22	3:50-5:30 Practice	3:50-5:30 Practice	
Apr. 23	HS Milan Relays	AM practice 6:00-7:15	HS Leave @12:15
Apr. 24	AM practice 6:00-7:15	Salisbury Meet	JH leave@12:00
Apr. 25	3:50-5:30 Practice	3:50-5:30 Practice	
Apr. 28	Conference @La Plata	Conference@La Plata	HS/JH leave@7:00am
Apr. 29	3:50-5:30 Practice	3:50-5:30 Practice	
Apr.30	3:50-5:30 Practice	3:50-5:30 Practice	
May 1	AM practice 6:00-7:15	Milan Relays	JH leave @1:30
May. 2	Glasgow meet	AM practice 6:00-7:15	HS leave@11:30
May 3.	Conference rain date	Conference rain date	
May 5	NW Relays @Brookfield		HS leave @12:15
May	Larry Littrell @Glasgow		HS leave @11:30
May. 8	HS 3:50-5:30 Practice		
May .9	HS 3:50-5:30 Practice		
May. 10	Districts HS		HS leave at 7:00am
May. 12	NO PRACTICE		
May. 13	HS 3:50-5:30 Practice		
May. 14	HS 3:50-5:30 Practice		
May. 15	HS 3:50-5:30 Practice		
May. 16	HS 3:50-5:30 Practice		
May. 17	Sectionals TBA		
May 23-24	State Track @Jeff City		