



Utah Track Club *At American Heritage School*
2022 Season Schedule

**All track practices will be held at American Heritage School Track
(736 N 1100 E, American Fork, UT 84003)**

**Practices will follow a Monday 5-6:00pm, Wednesday 6-7:00pm,
Friday 6-7:00pm weekly schedule unless noted below.**

Week 1: March 28, 30

Week 2: Spring Break - Athletes should run 1 mile three times this week on their own

Week 3: April 11, 13 (Mandatory Parent Meeting during practice), 15

Week 4: April 18, 20, 22

Week 5: April 25, 27, 29, **Track Meet April 30th**

Week 6: May 2, 4, 6

Week 7: May 9, **Track Meet May 10th** 11, 13

Week 8: May 16, 18, 20

Week 9: May 23, **Track Meet May 24th**, 25, 27

Week 10: May 30, June 1, 3, **Track Meet June 4th**

Week 11: June 6, 8 (last track practice), **State Track Meet 10th & 11th (Mandatory)**

Week 12: **Regional Track Meet July 8-9** in Montana (Optional)

-Please refer to the [Utah USATF](http://UtahUSATF.com) website for track meet locations and information.

-Please note that track meet dates are subject to change by Utah USATF.

Optional Track Meets:

June 17-18 Utah Summer Games - Cedar City, Utah

June 21-26 USATF National Youth Outdoor Championships - Jacksonville, Florida

July 25-31 USATF Junior National Youth Championships - Sacramento, CA