

Track	Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	I2	M2	O2	I2	M2	O2	I2	M2	O2	I2	M2	O2	I2	M2	O2	I2	M2	O2	I2	M2	O2
7:00 - 8:00 a.m.	Open Run/Walk			SC	Open Run/Walk		SC	Open Run/Walk		SC	Open Run/Walk		SC	Open Run/Walk		SC	Open Run/Walk		SC	Open Run/Walk	
8:00 - 9:00 a.m.	Open Run/Walk			SC	Open Run/Walk		SC	Open Run/Walk		SC	Open Run/Walk		SC	Open Run/Walk		SC	Open Run/Walk		SC	Open Run/Walk	
9:00 - 10:00 a.m.	Youth Track Club and Meets			Open Run/Walk	AOA Walk	Open Run/Walk	SS	Open Run/Walk	AOA Walk	Open Run/Walk	SS	Open Run/Walk	AOA Walk	Open Run/Walk	AOA Walk	Youth Track Club and Meets					
10:00 - 11:00 a.m.				Department of Education Use			Department of Education Use			Department of Education Use			Department of Education Use								
11:00 - 12:00 m.	Open Run/Walk			Department of Education Use			Department of Education Use			Department of Education Use			Department of Education Use								
12:00 - 1:00 p.m.	Open Run/Walk			Department of Education Use			Department of Education Use			Department of Education Use			Department of Education Use								
1:00 - 2:00 p.m.	Open Run/Walk			Department of Education Use			Department of Education Use			Department of Education Use			Department of Education Use			Speed Lanes and Long Jump					
2:00 - 3:00 p.m.	Youth Run 8-12			Open Run/Walk			Open Run/Walk			Open Run/Walk			Open R/W	CPW	Open Run/Walk			1:00 - 4:00 p.m.			
3:00 - 5:00 p.m.	Teen Run 13-17			Youth and Teen Time			High School and College Use			High School and College Use			High School and College Use			Youth and Teen Time		After-school	Open Run/Walk 4:00 - 9:00 p.m.		
5:00 - 6:00 p.m.	Open Run/Walk						Family Walk			Family Walk			Family Walk			Family Walk					
6:30 - 7:30 p.m.	Open Run/Walk			Family Walk			Family Walk			Family Walk			Family Walk			Family Walk					
7:30 - 8:30 p.m.	SC 7-8 pm	Open Run 7:00-9:00 pm		SC	Open Run/Walk		SC	Teen Run 7:30-9:00 pm		Special Event Time Member Meet			SC	Teen Run 7:30-9:00 pm		SC	Open Run/Walk				
9:00 - 10:00 p.m.	Schedule Subject to Change			Open Run/Walk			Open Run/Walk			Open Run/Walk			Open Run/Walk			Open Run/Walk			Schedule Subject to Change		
10:00 - 11:00 p.m.	Schedule Subject to Change			Open Run/Walk			Open Run/Walk			Open Run/Walk			Open Run/Walk			Open Run/Walk			Schedule Subject to Change		

### Track Rules and Notes

No spikes at any time on the track or infield  
Please stay in lane except for passing 4  
No eating, drinking or gum chewing

### Six Lane 200 Meter Track (8.046 circuits are one mile)

#### Lane Direction

**Clockwise** - Monday, Wednesday, Friday, Sunday  
**Counter Clockwise** - Tuesday, Thursday, Saturday

### Schedule Abbreviations and Programs

- SC** Super Circuit - A super-sized boot camp type cardio, strength and agility work-out on our world class track and interior court  
Mon-Sat 7:15 - 8:15 a.m. and Sun - Fri 7:30 - 8:30 p.m.
- SS** Stroller Strut - An opportunity for parents to walk on the track with their child in the stroller or carriage
- CPW** CAMBA Power Walk (Only for Members of CAMBA) - An opportunity for our building neighbors to get physical activity
- I2** Inner Two Lanes - Lanes Closest to the Field
- M2** Middle Two Lanes
- O2** Outer Two Lanes - Furthest From Field