TRACK AND FIELD PRACTICE SCHEDULE MAY 23 – MAY 31

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	ALL GRADES	ALL GRADES	ALL GRADES	ALL GRADES	
(7:30 AM)	LONG RUN/ MARATHON	SPRINTS	LONG RUN/ MARATHON	SPRINTS	

		MAY						
		23	24	25	26	29	30	31
LUNCH	GRADE	THROWS	LONG JUMP	HIGH JUMP/ STANDING	THROWS	LONG JUMP	HIGH JUMP/ STANDING	THROWS
(11:50	6	Inkows	LONG JOIVIP	LONG JUMP	Inkows	LONG JOIVIP	LONG JUMP	THROWS
AM)	GRADE	HIGH JUMP/ STANDING	THROWS	LONG JUMP	HIGH JUMP/ STANDING	THROWS	LONG JUMP	HIGH JUMP/ STANDING
	7	LONG JUMP	THROWS	LONG JOIVIP	LONG JUMP	THROWS	LONG JOIVIP	LONG JUMP
	GRADE	LONG JUMP	HIGH JUMP/ STANDING	THROWS	LONG JUMP	HIGH JUMP/ STANDING	THROWS	LONG JUMP
	8	LOING JOIVIP	LONG JUMP	ITINOWS	LOING JUIVIP	LONG JUMP	INCWS	LOING JUIVIP