

TRACK AND FIELD PRACTICE SCHEDULE

MAY 23 – MAY 31

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

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