

# TRACK AND FIELD PRACTICE SCHEDULE

## MAY 11 - 19

	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 11	MAY 12	MAY 15	MAY 16	MAY 17	MAY 18	MAY 19
LUNCH (11:50 AM)	GRADE 6	HIGH JUMP/ STANDING LONG JUMP	THROWS	LONG JUMP	HIGH JUMP/ STANDING LONG JUMP	THROWS	LONG JUMP	HIGH JUMP/ STANDING LONG JUMP
	GRADE 7	LONG JUMP	HIGH JUMP/ STANDING LONG JUMP	THROWS	LONG JUMP	HIGH JUMP/ STANDING LONG JUMP	THROWS	LONG JUMP
	GRADE 8	THROWS	LONG JUMP	HIGH JUMP/ STANDING LONG JUMP	THROWS	LONG JUMP	HIGH JUMP/ STANDING LONG JUMP	THROWS