

TRACK AND FIELD PRACTICE SCHEDULE

May 4th – 8th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING (7:30 AM)		Long run/Marathon (all grades)		Long run/Marathon (all grades)	
LUNCH (11:45-12:30)	<ul style="list-style-type: none"> • Grade 6 High Jump • Standing long jump • Shot Put (all grades) 	<ul style="list-style-type: none"> • Grade 7 High Jump • Running long jump 	<ul style="list-style-type: none"> • Grade 8 High Jump • Standing long jump • Discus (all grades) 	<ul style="list-style-type: none"> • Grade 6 High Jump • Running long jump 	
AFTER SCHOOL (3:30-4:30)	<ul style="list-style-type: none"> • Sprints (all grades) 		<ul style="list-style-type: none"> • Sprints (all grades) 	<ul style="list-style-type: none"> • Throws (all grades) <ul style="list-style-type: none"> ○ Shot put ○ discus 	

TRACK MEET

MONDAY

JUNE 1, 2026

U of M