

TRACK AND FIELD PRACTICE SCHEDULE

MAY 6-14

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

LUNCH (11:50 AM)		MAY 6	MAY 7	MAY 8	MAY 9	MAY 10	MAY 13	MAY 14
	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

TRACK AND FIELD PRACTICE SCHEDULE

MAY 15 – MAY 24

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

LUNCH (11:50 AM)		MAY 15	MAY 16	MAY 17	MAY 21	MAY 22	MAY 23	MAY 24
	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

TRACK AND FIELD PRACTICE SCHEDULE

MAY 27 – MAY 31

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

LUNCH (11:50 AM)		MAY 27	MAY 28	MAY 29	MAY 30	MAY 31
	GRADE 6	LONG JUMP	HIGH JUMP/ STANDING LONG JUMP	THROWS	LONG JUMP	HIGH JUMP/ STANDING LONG JUMP
	GRADE 7	THROWS	LONG JUMP	HIGH JUMP/ STANDING LONG JUMP	THROWS	LONG JUMP
	GRADE 8	HIGH JUMP/ STANDING LONG JUMP	THROWS	LONG JUMP	HIGH JUMP/ STANDING LONG JUMP	THROWS

TRACK MEET

JUNE 3, 2024

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