

## Track And Field Practice Schedule 2018

<b>Day of the Week:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Before School 8:00-8:35</b>	<i>Coach: Mrs. Dudley</i> <i>Event:</i> 800m, 1500m, KM Club  ***7:55-8:30		High Jump – gym 7:50  Coach Mr. Will		<i>Coach: Mrs. Dudley</i> <i>Event:</i> 800m, 1500m, KM Club  ***7:55-8:30
<b>Lunch 12:00-12:30</b>	Shot Put  Coach Mr. E		Sprints 4-7  Coaches: Mr. J and Miss Mann		Long Jump Coaches: Mrs. Ehling Mrs. Butterfield
<b>After School 3:00-3:30</b>		Relays 4-7 Miss Edmonds and Miss White			

- If you are going to be away, you need to let the coaches know ahead of time
- Practices are mandatory if you wish to compete at one of the events
- If you are sick on the day, please bring a note to your coach when you return
- If it is raining, practices may be conducted in the gym
- **During the Musical, if you have a conflict, your priority is the musical!!**

The mini-meets are opportunities for students to compete with the Seycove Family of Schools: Dorothy Lynas, Cove Cliff and Sherwood Park. Please note that the qualification meets are elimination meets in preparation for Swangard. Only a select number of students will qualify to attend Swangard. Track practice times and coaches are included with this notice and will be posted on our school web-site.

- Tuesday April 24: Field mini-meet, Gr. 4/5 @ Sherwood, Gr. 6/7 @ Dorothy Lynas 3:30-Approx. 5:00
- Wednesday May 2: Track mini-meet @ Windsor 11:30-3:00 – only athletes will attend
- Tuesday May 15: 8-12:00 Track Qualifications– Handsworth
- Wed. May 23 Field Qualifications, Gr. 4/5 @ Sherwood, Gr. 6/7 @ Dorothy Lynas 3:30-approx. 5:00
- Tuesday June 5 - Swangard