

## Track and Field Practice Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8:00 to 8:40</b>		<b>Grade 6-7 Sprints and Relays</b>		<b>Grade 6-7 Sprints and Relays</b>	
<b>12:00 to 12:25</b>	<b>Grade 4-7 High Jump</b>	<b>Grade 4-7 Distance  Grade 4-5 Long &amp; Triple Jump</b>	<b>Grade 6-7 Long &amp; Triple Jump</b>	<b>Grade 4-7 Distance  Grade 4-5 Long &amp; Triple Jump</b>	<b>Grade 6-7 Long &amp; Triple Jump  Grade 4/5 High Jump</b>
<b>3:00 to 3:30</b>		<b>Grade 4-5 Sprints and Relays</b>	<b>Grade 4-7 Shot Put</b>	<b>Grade 4-5 Sprints and Relays</b>	<b>Grade 4-7 Shot Put</b>

### Coaches

Long Distance (800m Gr. 4-7; 1500m Gr. 6&7)

Ms. Jackson / Ms.Mason

Sprints and Relays (100m, 200m, 400m and relays)

Ms. Ward / Mr. Eugene (gr. 6/7)

Ms. Baker / Ms. Monahan (Gr. 4/5)

Shot Put

Mr. Mathieson / Ms. Zander

High Jump

Mr. Forst 6/7

High Jump

Ms. Orr/Ms. Mey

Long and Triple Jump

Ms.Cason (grade 6/7)

Ms.Finley / Ms. Smith (grade 4/5)