

Track and Field 2026

Practices will start **Monday April 13th**.

Track Mini Meet (Gr. 4-7): at Sutherland 3:30-5:00pm on Thurs. Apr. 30th

Field Mini Meets:

- Gr. 4/5 at Highlands 3:30-5:00pm on Tues. May 5th
- Gr. 6/7 at Highlands 3:30-5:00pm on Wed. May 6th

Track Qualifications (Gr. 4-7): at Sutherland 8:00am-12:00pm on Tues. May 12th

Field Qualifications (Gr. 4-7): at Highlands 3:30-5:00pm on Wed. May 20th

District Meet (Gr. 4-7): at Swangard Stadium (all day) on Tues. June 2nd

	Gr. 4/5	Gr. 6/7
Sprints / Relays - 100m, 200m, 400m, 4x100m and Coed Medley	Sanhedrai/ Catalano	Turnbull/ Brazier/Piteux
Long Jump	Callow / Zwart	Callow / Zwart
Triple Jump	Callow / Zwart	Callow / Zwart
High Jump	Zurowski/ Sanhedrai	Zurowski/ Sanhedrai
Shot Put	Hebert-Wong/Bishop	Hebert-Wong/Bishop
Long Distance – 800m, 1500m	Podrebersek	

TRACK AND FIELD PRACTICE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Before school	Gr. 4/5 Sprints/Relays (8:15-8:45)	Gr. 6/7 Sprints / Relays (8:00-8:40)	Gr. 4/5 Sprints/Relays (8:15-8:45)	Gr. 4-7 Long Distance (8:00-8:40)
Lunch time 12:20- 12:55	Gr. 4-7 Shotput	Gr. 4-7 Long/Triple Jump Gr. 4-7 High Jump (In the gym)		Gr. 4-7 Long/Triple Jump
After school				Gr. 6/7 Sprints / Relays (3:00-3:50)