

Track & Field: Practice Schedule 2019

- If a student participates in events that have the same practice times, they can attend ½ of the practice for one event then 1/2 of the practice in the other event.
(example: Tuesday >> triple jump then shotput....or shotput then triple jump)
- Reminder: Bring proper exercise gear & **dress for the weather**. Have fun!

Mrs. Hansen (ELL teacher)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 8:40		sprints & relays Gr.4-7 Mrs. Hansen Mrs. Cromack Mrs. Leeson		sprints & relays Gr.4-7 Mrs. Hansen Ms. Heaton Ms. Bowcott	
10:30 – 10:50		triple jump Gr. 4-7 Mr. Rickard shotput Gr.4-7 Mr. Western	long jump Gr. 4/5 Ms. Phillips	triple jump Gr. 4-7 Mr. Rickard	
12:15 – 12:50	long jump Gr. 6/7 Ms. Mitchell	high jump Gr. 4-7 Mrs. Hansen		high jump Gr. 4-7 Mrs. Hansen	
3:10-3:40			800m 1500m Gr. 4-7 Ms. Danielson		