



Track & Field Practice Schedule and Coaches

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
AM 8:00 – 8:40		Relays Gr.4	Relays Gr.5	Relays Gr.6	Relays Gr.7
Recess: Medley (Start Date: April 18 th)		Gr.5	Gr.4	Gr.6	Gr.7
Lunch: 12:25pm – 12:55pm	Gr. 6 100m Gr.5 High Jump Gr.7 Long Jump	Gr. 5 100 m Gr. 7 High Jump Gr. 6 Long Jump	Gr.4 100m Gr. 5 Long Jump Gr.6/7 Shot Put	Gr.4 Long Jump	Gr.4/5 Shot Put Gr. 6 High Jump Triple Jump Gr.4-7
PM 3:10-3:45	Gr 4-7 800m/1500m	Gr. 4 High Jump Gr. 6/7 200/400m	Gr. 4/5 200/400m	Gr. 7 100m	

Coaches

Relays/Medleys:

Gr 4 – Voth
Gr 5 – Herrington
Gr 6 – Roe/Borak
Gr 7 – Roe/Borak

100 m

Gr 4 – Badesha
Gr 5 – Carla Maness
Gr 6 – Lonneberg
Gr 7 – Shynkaryk

200/400m

Gr 4/5 – Shynkaryk
Gr 6/7 – Cassidy Manness

800m/1500m

Gr 4-7 – Quiring/Fraser

High Jump

Gr 4 – McMullin
Gr 5 – Jepsen
Gr 6 – Crowther
Gr 7 - Voth

Long Jump

Gr 4 – Horel/Karmali
Gr 5 – Ball/Gerow
Gr 6 – Fulton
Gr 7 – Howe/Desrocher

Triple Jump - Fulton

Shot Put

Gr 4/5 – Drew
Gr 6/7 – Haller