

LVE Track and Field Practice Schedule

Times	Gym	Shot put area	Jump pit 1	Jump pit 2	Main field	Grass field
Monday am		Grade 6/7 Shot put (8:10 start time)	Grade 6/7 Triple jump (8:00 Start time-meet in gym)			Kilometre Club
Monday lunch						
Monday 3:00					**Grade 6/7 Sprints/relays	
Tuesday am			Grade 6/7 Long Jump (8:00 start time-meet in gym)			Kilometre Club
Tuesday lunch		*Grade 4/5 Shot put				
Tuesday 3:00	**High jump-grades 4-7					
Wed am					Grades 4-7 Long distance Grade 6/7 Sprints/relays (Start time for both is 8:00-meet in gym)	
Wed-lunch			*Grade 4/5 Triple jump	*Grade 4/5 Long jump		
Wed pm					**Grade 4/5 Sprints/relays	Kilometre Club
Thursday am					Grades 4-7 long distance (Start time 8:00-meet in gym)	Kilometre Club
Thursday lunch		*Grade 4/5 Shot put	*Grade 6/7 Long jump			
Thursday pm	**High jump-grades 4-7	**Grade 6/7 Shot put				
Friday am			Grade 6/7 Triple jump (Start time 8:00-meet in gym)		Grade 4/5 Sprints/relays (Start time 8:00-meet in gym)	
Friday lunch			*Grade 4/5 Long jump			
Friday pm						

*Lunch practices are from 12:10-12:40

**Afternoon practices start at 3:05. End times will be confirmed by individual coaches

***All practices times are subject to change as the season progresses. Coaches will advise students of any changes, and will also confirm end times for after school practices.

Track and Field Events: Tues May 9 – Field Events @ Lynn Valley afterschool
 Wed May 17 – Track Events at Sutherland 8:00 – 12:00
 Thur May 25 – Zone Field Meet @ Lynn Valley afterschool
 Tues June 6 – Track Meet @ Sutherland 12:30 – 4:30