

Queensbury Track and Field Practice Schedule 2025 - *practices start the week of April 21*

Field Qualification (shot put, long jump, triple jump, high jump): TBD

Sutherland Track Qualifications (sprint, relay and distance): Tuesday, May 13, 12 - 4:00

Swangard District Meet: Tuesday, June 3, 8:15 am to 3:30 pm

Track Events	Coach(es)
Sprints (100, 200)	Gr 4/5 - Gabby Lefroy Gr 6/7 - Meg Hoodspith
Long Distance (400, 800, 1500)	Rachel Japiassu (400m, 800m) Meg Hoodspith (1500m)
Relays (4x100 and Medley)	Sam Walters, Angela Sutton
High Jump	Rachel Japiassu
Triple/Long Jump	Ms. Breg
Shot Put	Laurie Kennedy and Beverley Grantham

Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 8:20	Distance gr 4-7 (400m, 800m)		Distance gr 4-7 (400m, 800m)		8:10 – 1500m Gr 6/7 only
8:20 – 8:40	Long Jump gr 4-7 “Boys”	Sprints gr 4/5 (100m and 200m)	Sprints Gr 6/7 (100m and 200m)	Sprints Gr 4/5 (100m and 200m)	Sprints Gr 6/7 (100m and 200m)
12:00 – 12:30	high jump gr 6/7		high jump gr 4/5		
3:05 – 3:30	Relay gr 6/7	Shot Put gr 4-7	Relay gr 4/5	Long Jump gr 4-7 “Girls”	

Field Meets

Date:	Grade	Event	Location	Time
May 12	Grade 4-7	Triple Jump	Ridgeway	3:30
May 13	Grade 4-7	Track Meet	Sutherland	12:00
May 20	Grade 6/7	Field Meet	Ridgeway	3:30
May 21	Grade 4/5	Field Meet	Ridgeway	3:30

