**Track and Field 2024**

**Coach / Practice Sign Up**

Please sign up for an event to coach; then add your preferred practice times to the schedule below.

|  |  |  |
| --- | --- | --- |
|  | Gr. 4/5 | Gr. 6/7 |
| Sprints / Relays- 100m, 200m, 400m, 4x100, and Coed Medley | Michelle Catalano  Ms. Poppy/Miss. Ham | Ms. Turnbull/Ms. Badesha |
| Long Jump | Mme. Piteux | Mme.Maya |
| Triple Jump | Mme. Piteux | Mme. Maya |
| High Jump | Mme. Callow | Mme. Callow |
| Shot Put | Miss. Ham/ Mr. Kelly | Miss. Ham/ Mr. Kelly |
| Long Distance – 800m, 1500m | 4-7 Mme. Ross/ Mme. Brazier | |

Practice Schedule

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MON | TUES | WED | THURS | FRI |
| Before school  8:00- 8:40 | 4/5  Sprints /Relay  4-7 Long Distance | 6/7 Sprints/Relay  Gr 4/5 high jump | (\* Gr 5-7- band)  4-7 Long Distance | 6/7 and 4/5  Sprints/Relay | (\* Gr 5-7- band) |
| Lunch time  12:20- 12:55 |  | Gr 6/7 high jump  Grade 4/5 Long Jump/Triple Jump |  | 6/7 Long/Triple Jump  4-7 Shot Put  (Gym unavailable) | Grade 4/5 Long Jump/Triple Jump |
| After School |  |  |  | (Gym unavailable) |  |