

Track and Field Schedule

	Tuesday	Wednesday	Thursday	Friday
Before School (7:45AM)		<u>Sprints/Relays</u> (Grass Field)		
Lunch (11:45-12:07)	<u>High Jump</u> (Gym) <u>Sprints/Relays</u> (Grass field)	<u>Long and Triple Jump</u> (Outdoor Pit)	<u>Shot put and Discus</u> (Grass Field) <u>Long and Triple Jump</u> (Outdoor Pit)	<u>High Jump</u> (Gym)
After School (2:45-3:30)	<u>Long Distance</u> (Grass Field)	<u>Shot put and Discus</u> (Grass Field)	<u>Long Distance</u> (Grass Field)	<u>Sprints/Relays</u> (Grass field)

Grade 3/4

Grade 5/6

Grade 7