**White Rock Elementary**

**Track and field practice schedule 2024**

**Practices Begin April 15th**

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| TIME | Monday | Tuesday | Wednesday | Thursday | Friday |
| 7:50 – 8:25 | Conditioning Practice  (All Track Athletes Welcome)  Meet at Soccer Box Ms. Anderson Mr. Bencze | Sprints: 80m, 100m, 200m, 300m, and 400m. Meet at the picnic tables or in the gym if it is raining. Ms. Skalinski, Ms. Forsythe, Mr. O’Malley | Conditioning  Practice (All Track Athletes Welcome)  Meet at Soccer Box  Ms. Anderson Mr. Bencze | Sprints, relays, and middle distance as per Tuesday  Ms. Skalinski, Ms. Forsythe, Mr. O’Malley |  |
| 11:40 – 12:00 | High Jump Grades 5, 6, 7. Meet in the gym.  Ms. Goulet **FIRST PRACTICE MAY** **6** | Long and triple jump. Meet at the jumps pit, weather permitting. Listen for P.A. announce-ment. Ms. Goulet, Mr. O’Malley, | High Jump Grades 3 and 4, in gym.  Ms. Ottewell  **FIRST PRACTICE MAY** **6** | Long and Triple Jump at jump pits as per Tuesday. Ms. Vosloh, Mr. O’Malley, | High Jump Grades 3 and 4, in gym.  Ms. Ottewell **FIRST PRACTICE MAY** **6** |
| 2:35- 3:30 | Middle Distance 600m, 800, 1500. Rain or shine. Meet at picnic tables or gym if it is raining. Mr. Rudd  **FIRST PRACTICE MAY 6** |  | Shot Put/Discus weather permitting. Meet near jump pits.  Mr. Roth, Ms. Bentley | Middle Distance 600m, 800, 1500. Rain or shine. Meet at picnic tables or gym if it is raining.  Mr. Rudd  **FIRST PRACTICE MAY 6** |  |

NOTE : Running practices are RAIN or SHINE. If it is raining, we will train in the gym.

Should a track practice conflict with a B**adminton or Ultimate** game or practice, then the Badminton or Ultimate event takes precedence.

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