

Track and Field Practice Schedule

2019



<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Morning 7:50-8:25	Distance Running Bell Park Grade 3-7 Brine/Cyr	Discus Grade 5-7 Alcock	High Jump Grade 5-7 Alcock	Distance Running Bell Park Grade 3-7 Brine/Cyr/Khaira	High Jump Grade 3-4 Alcock/Cyr
Recess 10:15-10:30	Sprints Grade 3-7 Reiter/Stowe			Sprints Grade 3-7 Reiter/Stowe	Sprints Grade 3-7 Alcock/Khaira
Lunch 12:07-12:37	Shot Put Grade 3-4 Nelson/Nelson	Long & Triple Jump Grade 5-7 Hounsell/Tome	Shot Put Grade 5-7 Nelson/Nelson High Jump Grade 3-4 Alcock/Brine	Long & Triple Jump Grade 3-4 Hounsell High Jump Grade 5-7 Alcock	