

Event	Track/Field	Sponsor	Practice Days	Practice Times	Location
Long Jump	Field	Ms. Brar/Ms. Bond	Tuesday/Thursday	Before School - 8:15 am	Long Jump Pit
Shot Put	Field	Ms. Morrison	Monday	Lunch 12:10 pm	Back Field
			Friday	Afterschool	Back Field
Discuss	Field	Ms. Dehnel	Tuesday/Thursday	Afterschool	Back Field
High Jump	Field	Ms. Debou/	Tuesday	Lunch 12:10 pm	Gym
			Wednesday	Afterschool	Gym
Softball Throw	Field	Ms. Debou/Mr. Fitt	Wednesday	Before School - 8:15 am	Back Field
			Thursday	Lunch 12:10 pm	Back Field
1200 m	Track	Ms. Dehnel/Ms. Hulyck	Monday/Friday	Before School - 8:15 am	Back Field
800 m	Track	Ms. Dehnel/Ms. Hulyck	Monday/Friday	Before School - 8:15 am	Back Field
400 m	Track	Ms. Dehnel/Ms. Hulyck	Monday/Friday	Before School - 8:15 am	Back Field
4 x 100m	Track	Ms. Sood /Ms. Grewal	Wednesday/Friday	Lunch 12:10 pm	Back Field
80 m dash	Track	Ms. Geisbrecht/Ms. Ang	Wednesday/Friday	Lunch 12:10 pm	Back Field
200 m	Track	Ms. Geisbrecht/Ms. Ang	Wednesday/Friday	Lunch 12:10 pm	Back Field

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45-8:50	8:15 Long Distance	Long Jump	Softball FLEX (5 mins)	Long Jump	8:15 Long Distance
8:50-9:30					
9:30-10:10					
10:10-10:25	RECESS				
10:25-10:30	FLEX (5 mins)				
10:30-11:10					
11:10-11:50					
11:50-12:42	Shot Put	High Jump	LUNCH Sprint	Softball	Sprint
12:42-12:45	FLEX (3 Mins)				
12:45-1:25					
1:25-2:05					
2:05-2:45					
2:45	DISMISSAL				

DISCUS High Jump DISCUS Shot Put