

TRACK & FIELD TRAINING SCHEDULE 2016

| EVENT | Coach(es) | Practice Time | Practice Location |
|---------------------------------------------------------------------------------------|----------------------------------|----------------------------------------------|---------------------------------------------------|
| RUNNING (Short Distance) 100 M, 200 M, relays | Mme. Sigismund Mme. Bower | Gr.3 Monday 3:10 | The gravel field that is farther from the school |
| | | Gr.4 Wednesday 3:10 | |
| | | Gr.5 Friday 3:10 | |
| RUNNING (Medium Distance) | Mrs. Low | Gr.3 Friday 3:10 | The gravel field between the portable and daycare |
| | Mme. Beaucage | Gr.4 Monday 3:10 | |
| | Mme. Dube | Gr.5 Wednesday 3:10 | |
| RUNNING (Long Distance) 800 M, 1500 M (Gr. 3 – relay practice) | Miss Morgado/ Ms. Owen | Gr.3 Wednesday 8:30 (Relays) | Grass Soccer Field |
| | Ms. Smillie | Gr.4 Friday 3:10 | |
| | Ms. Kang | Gr.5 Monday 3:10 | |
| HIGH JUMP | Mr. Preshaw | Gr.3 Monday & Wednesday 12:20 –12:50 | Gym |
| | Mr. Barnes/ Mr. Muxworthy | Gr.4/5 Tuesday & Fridays 12:20 –12:50 | |
| LONG JUMP | Ms. Owens/ Mrs. Lane | Gr.3 Tuesday & Thursday 12:20 – 12:50 | Long Jump Pits |
| | Mme. DiFruscia & Mme. Arduini | Gr.4 Tuesday/Thursday 8:30 – 8:50 | |
| | Mr. Colbourne | Gr.5 Monday/Wednesday 12:20 – 12:50 | |
| SHOT PUT Gr.4 &Gr.5 | Ms. Chupik Ms. Allner | Tuesday 3:10 – 3:30 Thursday 12:20 –12:50 | Baseball Field behind the daycare |
| DISCUS (GRADE 5'S only) | Mme Wong Mme Pesa | Monday/Wednesday 8:30 – 8:50 | Baseball Field behind the daycare |