

Spring

Track and Field

Meet at the gym for all practices☺

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45 am	Long distance 800m 1500m	Sprint/ relays			
Lunch			Shot Put/Discus		
3:10-4pm			Long Jump Practice Mini meets April 25th Como Lake May 2nd Eagle Mtn	All Track and Field team Long distance Sprints / Relays Long Jump/High Jump Shot Put/Discus	May 11th District Track Meet(all day)

COACHES

Track and Field: Mrs. Zubick, Ms. Jones, Mr. Hanna, Mr. Crawford, Mrs. Liski, Mr. Birsan, Teacher candidates: Mr. Fung, Miss. McClean.

Any questions??? See Mrs. Zubick or any of the other coaches