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| MORNING**PRACTICES****8:30 – 8:50** | **LUNCH HOUR****PRACTICES****12:20 – 12:50** | **AFTER SCHOOL PRACTICES****3:10 – 3:30** |
|  |  | **Running:** **Gr.4 100/200 m**(Sigismund, Eppele)**Gr. 5 Long Distance**(Franklin) |
| **Grade Grade 4****Long Jump****( DiFruscia)**  | **Discus Gr.5** **(Colbourne)** | **Running:** **Grade 3 100m** **(Cosby, Burton)****Grade 4 400m****(Beaucage)****Shot Put Gr.4 & 5****(Chupik & Dube)** |
|  | **Gr. 4 High Jump****(Muxworthy)****Discus Gr.5****(Colbourne)** | **Running:** **Gr.5 100/200 m** (Sigismund, Eppele)**Gr. 4 Long Distance**(Franklin)**Gr.3 400**. (Lalonde) |
| **Grade 5****Long Jump** **(Lane)** | **Grade 3 High Jump** **(Preshaw)** | **Shot Put Gr.4 & 5****(Chupik & Dube)** |
| **Grade 3****Long Jump****(Arduini)** | **Gr. 5 High Jump****(Muxworthy)** | **Running:****400m****Grade 5 100m****(Angus)** |