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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)** |