

## **Track and Field 2013 – practice schedule**

EVENT	COACH	PRACTICE DATE/TIME
100m, 400m and relays	Ms Moody	Tuesday @ 7:45 and Thursday at lunch (meet on the grass/gravel field)
shotput and discus	Ms Trieu	Monday and Wednesday 3:10-3:45 (meet on the gravel field)
800m and 1500m	Mr. Simpson	Tuesday and Wednesday 3:00 - 3:45 (meet in room 153 at 3:00 pm)
long jump and triple jump	Mr. Healy	Tuesday and Friday at Lunch (meet by the basketball courts)
high jump	Ms Webber	Tuesday 3:15 - 3:45 and Wednesday at lunch (meet in the gym)

ANY QUESTIONS PLEASE CONTACT THE COORDINATOR MR. DALMANN AT: [rdalmann@sd43.bc.ca](mailto:rdalmann@sd43.bc.ca)