

## Track and Field Training Schedule

We will meet at the school at 7:45 for running practices, and go up to the Brockton track together. Sprinting practice includes 80m, 100m, 200m and 4x100m relay. Long distance practices include 400m, 800m, 1500m and 4x400m relay. Attendance is mandatory at practices if you are serious about making the team. If you have any concerns, please talk to Ms. Samuel directly.

**If it is raining, running practice is cancelled!**

- **Grades 4-6:** 80m, 200m, 400m, 800m 1500m, 4X100m relay, standing jump, running long jump, triple jump. Top 3 finishers advance to conference finals.
- **Grades 7-8:** 100m, 200m, 400m, 800m, 1500m, 4X100m relay, 4X400m relay, running long jump, triple jump, safety javelin. Top 3 finishers advance to conference finals.
- **Conference Finals-** June 7 @ Birchmount—only top 4 advance to City Finals
- **City Finals-**June 13 @Birchmount

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2	3	4 Sprinting and relay practice 7:45 @the track, grades 4-8	5 Field event practices, grades 7-8, 12:10 @ Brock school	6 Long distance practice 7:45 @the track, grades 4-8	7 Field event practices, grades 4-6, 12:10 @ Brock school	8
9	10	11 Sprinting and relay practice 7:45 @the track, grades 4-8	12 Field event practices, grades 7-8, 12:10 @ Brock school	13 Long distance practice 7:45 @the track, grades 4-8	14 Good Friday No School	15
16	17 Easter Monday No School	18 Sprinting and relay practice 7:45 @the track, grades 4-8	19 Field event practices, grades 7-8, 12:10 @ Brock school	20 Long distance practice 7:45 @the track, grades 4-8	21 Field event practices, grades 4-6, 12:10 @ Brock school	22
23	24	25 Sprinting and relay practice 7:45 @the track, grades 4-8	26 Field event practices, grades 7-8, 12:10 @ Brock school	27 Long distance practice 7:45 @the track, grades 4-8	28 Field event practices, grades 4-6, 12:10 @ Brock school	29
30	<b>MAY 1</b>	2 Sprinting and relay practice 7:45 @the track, grades 4-8	3 No practice	4 <b>TRACK MEET GR. 4-8 @BIRCHMOUNT STADIUM</b>	5 No practice	6