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| April |
| 2017 |
| Track and Field |  |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  | Training Run 200 mGrades 4,5 and 6 | Training Run400 mGrades 4,5 and 6 |  | Training Run800 m & 1500 mGrades 4,5 and 6 | Learn About JumpingGrades 4,5 and 6 |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | Timed Run 200 mGrade 4 ,5 and 6 | Timed Run400mGrades 4,5 and 6  |  | Timed Run800 m & 1500 mGrades 4,5 and 6  | Good Friday |  |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  | Easter Monday | Hurdles/ Standing & Running Long JumpGrade 4  | \* Hurdles/ Standing & Running Long JumpGrade 5 |  Hurdles/ Standing & Running Long JumpGrade 6 | Triple JumpGrades 4,5 and 6 |  |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|  | Shot PutGrade 4 | Shot PutGrade 5 & 6 |  |  |  |  |
| 30 | ***All practices will begin at 8:15 am on the field at JRR.*** | ***Practices will be cancelled in the event of rain.*** | ***\*Students who are in Choir must attend Choir. You must attend an alternate day (Gr. 4 or 6).*** | ***80 m runs will be timed during school hours and relay teams will be chosen from results.*** | ***Track tryouts close on April 25.*** |  |