

# April & May 2024

## Track & Field Practice Schedule

Running (Sprints & Distance),  
Long Jump,  
Softball Throw *or* Shotput

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Morning's</u></b> <b><u>@8:00 Am</u></b>		4/5 Running and 6/7 Running	4/5 Running	6/7 Running	
<b><u>Lunch</u></b> <b><u>@ 12:25</u></b>	4/5 Long Jump 6/7 Shot Put	4/5 Softball Throw 6/7 Long Jump	4/5 Long Jump 6/7 Shot Put	4/5 Softball Throw 6/7 Long Jump	
<b><u>After School</u></b> <b><u>@ 3:00 Pm</u></b>					

## \* **IMPORTANT DATES & COACHES**

- Practices start **Tuesday April 9<sup>th</sup>**
- Students need to be placed in events **by Thursday May 2<sup>nd</sup>**
- Regional Track Meet is **Thursday May 9<sup>th</sup>**

<b>Grade 4 &amp; 5</b>	<b>Grade 6 &amp; 7</b>
<b>1. Running</b> ~ Ms. Hastings ~ Ms. Simpson ~ Ms. Dykstra	<b>1. Running</b> ~ Ms. Dobie ~ Ms. Mann
<b>2. Long Jump</b> ~ Mr. Chhun ~ Ms. Van Ryk	<b>2. Long Jump</b> ~ Ms. Olak ~ Ms. McCue-Davies
<b>3. Softball Throw</b> ~ Ms. Boyd ~ Ms. French	<b>3. Shot Put</b> ~ Mr. Karpluk

Can also help:

**Ms. Hunchak (can do lunch/after school)**