

Practice schedule for track and field

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|-----------------------------|
| <u>Before School</u> | <u>Before School</u> Running practice at 7:30 am @ Uvic | <u>Before School</u> | <u>Before School</u> Running practice at 7:30 am at Cedar Hill | <u>Before School</u> |
| <u>Lunch</u> Long / Triple Jump Practice | <u>Lunch</u> Shot put / Discus Practice High Jump | <u>Lunch</u> Long /Triple Jump Practice | <u>Lunch</u> Shot put / Discus Practice High Jump | <u>Lunch</u> |
| <u>After School</u> | <u>After School</u> | <u>After School</u> | <u>After School</u> Field Hockey Practice | <u>After School</u> |