



Track Practices

Sprint /Distance/Relay

- With Ms. Paulen and Mrs. Kesler
- Practices start at 11:30-11:55 at the back track and we eat lunch when we are done.

May 9	May 10	May 11
May 15	May 17	May 18

- More practices TBA

Shotput/ Discus

- With Mr. Lamont
- Practices start at 11:30-11:55 at the discuss area and we eat lunch when we are done.

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May 10	May 11	May 12
May 16	May 18	May 23
	May 25	

High Jump/Long Jump/ Triple Jump

- With Mr. Malmquist
- Practices start at 11:30-12:00 in gym. Bring your lunch!

May 11	May 12	May 16
May 18	May 19	May 23
	May 24	