

TRACK AND FIELD

MANDATORY TRY OUT SCHEDULE AND PRACTISES

THIS SCHEDULE MAY CHANGE, BE SURE TO LISTEN TO ALL ANNOUNCEMENTS.

TRY OUTS

MONDAY, MAY 8TH

SPRINTS (100, 200)

2:15-3:15 – JUNIOR BOYS & GIRLS

3:15-4:15 – INTERMEDIATE BOYS AND GIRLS

MIDDLE DISTANCE (400,800,1500,3000)

2:15-3:15 – INTERMEDIATE BOYS AND GIRLS

3:15-4:15 – JUNIOR BOYS & GIRLS

TUESDAY, MAY 9TH

JAVELIN –

2:15-3:15 – JUNIOR BOYS & GIRLS

3:15-4:15 – INTERMEDIATE BOYS AND GIRLS

DISCUS/SHOTPUT

2:15-3:15 – INTERMEDIATE BOYS AND GIRLS

3:15-4:15 – JUNIOR BOYS & GIRLS

THURSDAY, MAY 11TH

LONG/TRIPLE JUMP

2:15-3:15 – JUNIOR BOYS & GIRLS

3:15-4:15 – INTERMEDIATE BOYS AND GIRLS

HIGH JUMP

2:15-3:15 – INTERMEDIATE BOYS AND GIRLS

3:15-4:15 – JUNIOR BOYS & GIRLS

MONDAY, MAY 15TH

MAKE-UP TRIALS 2:15-4:15 – ALL THAT CAN ATTEND

PRACTISES - TUES, MAY 9TH - HIGH-JUMP

THURS, MAY 11TH THROWS 2:15

FRI, MAY 12TH SPRINTS/RELAYS 2:15

REFER TO THIS LINK FOR ADDITIONAL INFORMATION

[HTTPS://WWW.TRACKIE.COM/ONLINE-REGISTRATION/IMAGES/UPLOADS/DOC-1-2016-12-05-12-52-55-462360671.PDF?RAND=1298282034](https://www.trackie.com/online-registration/images/uploads/doc-1-2016-12-05-12-52-55-462360671.pdf?rand=1298282034)