

Student Track and Field Schedule 2016

All athletes are expected to attend at least 2-3 practices a week.
PARENTS: Unless indicated, pick up is at QE at 415pm, or at OLPH at 430pm.

TRAINING AND CONDITIONING – April 5 to April 12

Tuesday April 5
Monday April 11

Thursday April 7
Tuesday April 12

MORNING DISTANCE TRAINING (800m and 1500m) **Tues. & Thurs. at 745 @ QE School Track**
MORNING THROWING TRAINING (shot & discus) **Tues. & Thurs. at 745 @ QE School Track**

STARTING Tuesday April 19 ENDING Thursday May 26

TRY OUT SCHEDULE – April 18 to May 6

THURSDAY April 14	Sprints timing (60m and 100m)	Long Jump
TUESDAY April 19	Sprints timing (60m and 100m)	Long Jump
THURSDAY April 21	Sprints timing (60m and 100m)	Long Jump
MONDAY April 25	Sprints timing (100m, 200m, and 400m)	Long Jump
TUESDAY April 26	Sprints timing (60m, 100m)	Long Jump
THURSDAY April 28	Sprints timing (60m, 200m and 400m)	Long Jump
MONDAY May 2	Sprints timing (60m, 200m, and 400m)	Long Jump
TUESDAY May 3	Sprints timing (60m, 100m)	Long Jump
THURSDAY May 5	Sprints timing (100m, 200m, and 400m)	Long Jump

Training and Relay Practices

MONDAY May 9	Sprint Training, 400m	Long Jump (3, 4)
TUESDAY May 10	4x100 Relays (3, 4)	Long Jump (5, 6, 7)
<u>WEDNESDAY</u> May 11	4x100 Relays (5, 6, 7) Pick Up at 315 @QE or 330 @ OLPH	
THURSDAY May 12	St. Joseph's Track Meet @ Swangard PRACTICE – Sprints and relays for all athletes not going to St. Joe's Track Meet	

NOTE: Only athletes who have qualified for the final track meets will continue to practice after May 12

MONDAY May 16	4x100 Relays (5, 6, 7)	Long Jump (3, 4)
TUESDAY May 17	4x100 Relays (3, 4)	Long Jump (5, 6, 7)
<u>WEDNESDAY</u> May 18	4x100 Relays (5, 6, 7) Pick Up at 315 @QE or 330 @ OLPH	Long Jump (3, 4)
THURSDAY May 19	Vancouver College Track Meet	
TUESDAY May 24	4x100 Relays (3, 4)	Long Jump (5, 6, 7)
<u>WEDNESDAY</u> May 25	4x100 Relays (5, 6, 7) Pick Up at 315 @QE or 330 @ OLPH	Long Jump (3, 4)
THURSDAY May 26	Sprints Training	
FRI.- SUN. May 27-29	BC Track and Field Championships	
MONDAY May 30	4x100 Relays (5, 6, 7)	Long Jump (3, 5, 6)
TUESDAY May 31	4x100 Relays (3, 4), 60m and 100m	Long Jump (3, 5, 6)
WEDNESDAY June 1	CISVA Track Meet – Swangard Stadium	
THURSDAY June 2	Medley Relays, 60m, 100m and 200m	

MONDAY June 6 and TUESDAY June 7 all participants for **CISVA Track Meet on Wednesday June 8** (Swangard)