

**PRACTICES: (All practices will be from 3:15 – 4:00 unless otherwise noted)**

<b>Middle/Long Distance 400, 800, 1500 and 3000 (Meet at Track)</b>	Mrs. Lafferty	Monday, May 8 @ 3:15 Thursday, May 11 @ 3:15 Tuesday, May 16 @3:15 Thursday, May 18 @ 3:15
<b>Sprints 100 and 200 (Meet at Track)</b>	Ms. Ahearn	Thursday, May 11 @ 3:15 Tuesday, May 16 @ 3:15 Thursday, May 18 @ 3:15
<b>Hurdles (Meet in Irvine Gym)</b>	Ms. Bambrick	Monday, May 8 @ 3:15 Thursday, May 11 @ 12:50 Tuesday, May 16 @ 3:15 Thursday, May 18 @ 12:50
<b>Javelin (Meet in Backfield)</b>	Ms. Albers Mr. Lefebvre	Monday, May 8 @ 3:15 Tuesday, May 9 @ 3:15 Monday, May 15 @ 3:15 Tuesday, May 16 @ 3:15
<b>Shot Put (Meet at Shot Put Circle)</b>	Mr. Barton	Wednesday, May 10 @ 3:15 Thursday, May 11 @ 3:15 Wednesday, May 17 @ 12:30 Thursday, May 18 @ 3:15
<b>Discus (Meet at Bus Doors)</b>	Mrs. Leong	Monday, May 8 @ 3:15 Thursday, May 11 @ 3:15 Monday, May 15 @ 3:15 Thursday, May 18 @ 3:15
<b>Long and Triple Jump (Meet at Pits)</b>	Ms. Kennedy	Monday, May 8 @ 3:15 Thursday, May 11 @ 3:15 Monday, May 15 @3:15 Thursday, May 18 @ 3:15
<b>High Jump (Meet in Irvine Gym)</b>	Mr. Masterman Mrs. Matheson	Monday, May 15 @ 3:15 Tuesday, May 16 @ 3:15
<b>4 x 100 M Relay (Meet at Track)</b>	Ms. Ahearn	Tuesday, May 9 @ 12:30 Thursday, May 18 @ 12:30
<b>4 x 400 M Relay (Meet at Track)</b>	Mrs. Lafferty	<b>Tuesday, May 16 @ 4:00. This will occur at the conclusion of regular practice time. It will take about 20 minutes. All 4x400 Runners and Alternates must be there.</b>