

## Charlie Lake Elementary

# Track and Field Practice Schedule #2

**Practice times: Before School 8:15 am - 8:40 am Lunch Time: 12:00 - 12:30 pm After School: 2:45 - 3:30 pm**

- **Sprints** – 60m, 100m and Relay (Grade 6 has 200m and 400m)
- **Distance** – 800m and 1500m
- **Field Events** – High Jump, Long Jump and Ball Throw.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>May 14</b> NID - No School	<b>May 15</b> 8:15 - Distance (LC) 12:00 - High Jump (TF)	<b>May 16 n</b> 8:15 - Sprints (LH) 12:00 - Long Jump (RA)	<b>May 17</b> 8:15 - Distance (LC) 12:00 - High Jump (DH) 2:45 - Sprints are CANCELLED!!	<b>May 18</b> 8:15 - Sprints (LC)
<b>May 21</b> Victoria Day - No School	<b>May 22</b> 8:15 - Distance (LC) 12:00 - High Jump(TF)	<b>May 23</b> 8:15 - Sprints (LH) 12:00 - Long Jump (RA)	<b>May 24</b> 8:15 - Distance (LC) 12:00 - Ball Throw (DH) 2:45 - Sprints (CW)	<b>May 25</b> 8:15 - Sprints (LH)
<b>May 28</b> Time Trials **12:00-2:45 Need 6 Parents to Help	<b>May 29</b> 8:15 - Distance (LC) 12:00 - High Jump (TF)	<b>May 30</b> 8:15 - Sprints (LH) 12:00 - Long Jump (RA)	<b>May 31</b> 8:15 - Distance (LC) 12:00 - High Jump (DH) 2:45 - Sprints (CW)	<b>June 1</b> Slow-Pitch Tournament @ Upper Pine No Track and Field
<b>June 4</b> 8:15 - Sprints (LH) 12:00 - Long Jump (RA)	<b>June 5</b> 8:15 - Distance (LC) 12:00 - High Jump (TF)	<b>June 6</b> 8:15 - Sprints (LH) 12:00 - Long Jump (RA)	<b>June 7</b> 8:15 - Distance (LC) 12:00 - High Jump (DH) 2:45 - Sprints (CW)	<b>June 8</b> Track Meet @ Bert Bowes (School is Closed)

- Students are encouraged to attend as many practice sessions as they can for the events. Attendance is taken into consideration for students qualifying to go to the District Track Meet.
- Time trials are **May 28** during school. Students must have been attending practices in order to miss classes and participate in the time trials.
- If you have any questions or if a parent is interested in volunteering for practices or at the District Track Meet please contact: Lori Coulter at [lcoulter@prn.bc.ca](mailto:lcoulter@prn.bc.ca) or call the school at 250-785-2025.

