

T & F Practices

May 2026

Schedule

Times

Mondays: 3:15-4:30pm

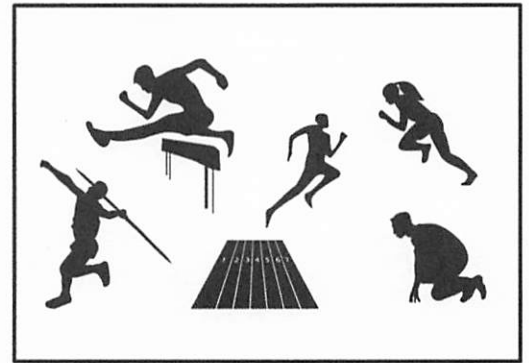
Tuesdays: 3:15-4:30pm

Wednesdays: 3:15-4:30pm

Thursdays: 3:15-4:30pm

Fridays: 3:15-4:30pm

May practices will focus on training and learning specific events.



CLINICS: focus on specific event techniques.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4 Sprints Mid/Long Dist High Jump/Hurdles	5 Jumps Mid/Long Dist	6 Throws Sprints Mid/Long Dist	7 Jumps Mid/Long Dist High Jump/Hurdles	8 LUNCH MEETING ALL MUST ATTEND Throws	9
10	11 General Practice All	12 ROYAL RUMBLE T&F MEET SELKIRK 8:30am-6:00pm	13 TBA	14 General Practice All	15 LUNCH MEETING ALL MUST ATTEND	16
17	18 Victoria Day No school	19 KPAC T&F MEET DAY 1 SELKIRK 8:30am-3:00pm	20 TBA	21 KPAC T&F MEET DAY 2 SELKIRK 8:30am-3:00pm	22	23
24	25 All MHSAA Qualifiers All events	26 All MHSAA Qualifiers All events	27 All MHSAA Qualifiers All events	28 All MHSAA Qualifiers All events	29	30
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