

# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Distance practice Throws Practice Sprints/Horz Jmp High Jump@7:30am IMPORTANT DATE	1 Distance practice Throws Practice Sprints/Horz Jmp	2 Distance practice Throws Practice Sprints/Horz Jmp	3 Distance practice Throws Practice Sprints/Horz Jmp	4 Distance practice Throws Practice Sprints/Horz Jmp	5 Horizontal Jmps	6
7 SUBMIT ONLINE PAYMENT BY APRIL 11TH	8 Distance practice Throws Practice Sprints/Horz Jmp	9 Distance practice Throws Practice Sprints/Horz Jmp	10 Distance practice Throws Practice Sprints/Horz Jmp	11 NO PRACTICE! parent interviews	12 SNOWBALL RELAYS  ST MIKE'S 9am to 3pm *Select students*	13
14 ORDER YOUR BAA T&F GEAR! INFO TO FOLLOW	15 Distance practice Throws Practice Sprints/Horz Jmp	16 Distance practice Throws Practice Sprints/Horz Jmp	17 Distance practice Throws Practice Sprints/Horz Jmp	18 Distance practice Throws Practice Sprints/Horz Jmp ROWLAND entries DUE; meeting	19 Good Friday  H	20
21	22 Easter Monday  H	23 Distance practice Throws Practice Sprints/Horz Jmp	24 Distance practice Throws Practice Sprints/Horz Jmp	25 Distance practice Throws Practice Sprints/Horz Jmp	26 Horizontal Jmps	27 ROWLAND GAMES  CENTENNIAL 9am to 5pm
28	29 Distance practice Throws Practice Sprints/Horz Jmp	30 Distance practice Throws Practice Sprints/Horz Jmp				

**Practice Times:**

Distance - 3:10 to 4:30

Sprinters - 3:10 to 4:30

Horizontal Jumpers - Fridays 3:10 to 4:15

Throwers - 3:10 to 4:30pm