

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Distance practice Throws Practice Sprints/Horz Jump High Jump@7:30am IMPORTANT DATE		30 REDMOND entries DUE; meeting	1 Distance practice Throws Practice Sprints/Horz Jump	2 Distance practice Throws Practice Sprints/Horz Jump	3 Horizontal Jmps	4
5	6 Distance practice Throws Practice Sprints/Horz Jump	7 FATHER REDMOND TRACK CLASSIC CENTENNIAL	8 Distance practice Throws Practice Sprints/Horz Jump TDCAA meeting, team selection MANDATORY	9 Distance practice Throws Practice Sprints/Horz Jump	10 Sprints/Horz Jump	11
12	13 Distance practice Throws Practice Sprints/Horz Jump	14 Distance practice Throws Practice Sprints/Horz Jump	15 Distance practice Throws Practice Sprints/Horz Jump High Jump@7:30	16 Distance practice Throws Practice Sprints/Horz Jump TEAM MEETING for TDCAAs	17 Horizontal Jmps	18
19	20 Victoria Day H	21 Distance practice Throws Practice Sprints/Horz Jump	22 Distance practice Throws Practice Sprints/Horz Jump	23 TDCAA Championships Centennial 9 am to 4pm	24 TDCAA Championships Centennial 9am to 4pm	25 *Top 6 from each event advance to Metro Championships.
26	27 Distance practice Throws Practice Sprints/Horz Jump	28 Distance practice Throws Practice Sprints/Horz Jump	29 METRO Championships Birchmount 7am to 5pm	30 METRO Championships Birchmount 7am to 5pm	31	*Top 4 from each event advance to OFSAA Championships.

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

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