

## Alma Track and Field Day

Note: These are approximate times some events may finish early

Girls Field	Grade 1/2	Grade 3/4	Grade 5	Grade 6
9:00 - 9:20	Skip/Playground	Ball Throw	Running Long Jump	Standing Long Jump
9:20 - 9:40	Standing Long Jump	Skip/Playground	Ball Throw	Running Long Jump
9:40 - 10:00	Running Long Jump	Standing Long Jump	Skip/Playground	Ball Throw
10:00 - 10:20	Ball Throw	Running Long Jump	Standing Long Jump	Skip/Playground

### **Nutrition Break 10:50 - 11:20**

Boys Track AM - boys will be marshalled in the middle of the track by Mr. Bachuk/Mr. Ladner, the races will include 60m, 100m, 200m, 400m

Boys Field	Grade 1/2	Grade 3/4	Grade 5	Grade 6
11:25 - 11:45	Skip/Playground	Ball Throw	Running Long Jump	Standing Long Jump
11:45 - 12:15	Standing Long Jump	Skip/Playground	Ball Throw	Running Long Jump
12:15 - 12:35	Running Long Jump	Standing Long Jump	Skip/Playground	Ball Throw
12:35 - 12:55	Ball Throw	Running Long Jump	Standing Long Jump	Skip/Playground

Girls Track PM - same format as boys

### **Nutrition Break 1:00 - 1:50**

Last Block - Kindergarten Race, Mixed relays, Junior Open 800m, Freezies

1:50 - 3:25ish or earlier???

ALL students assemble in grade groups from left to right on the inside of the track.

Kindergarten's will do a 60m race in front of whole school, then proceed to the field events.

Relays will be marshalled by Mr. Bachuk/Mr.Ladner.

Freezies - Dismissal