

Weekly Practice Schedule

You MUST make 10 practices/ meets before LOSSA to be eligible to compete at the LOSSA Championships

I am keeping a count on the track & field bulletin board

April 4-8

Day	Morning	Afternoon
Monday		Throwers in MainGym @ 2:30 Runners @ the Civic Dome in Oshawa @ 4:30pm Cost is \$2.50 to get in
Tuesday	Throwers in Main Gym @ 7:30	All Sprinters, Distance runners, jumper in the Main Gym @ 2:30
Wednesday	High Jumper in Wgt Gym at 7:10am	Runners @ the Civic Dome in Oshawa @ 4:30pm Cost is \$2.50 to get in
Thursday	Throwers in Main Gym @ 7:30	All Sprinters, Distance runners, jumper in the Main Gym @ 2:30
Friday		