

April 2026 – Track & Field Schedule

7:45 am running practices at South Surrey Athletic Track – **Pick up 8:40am, please be prompt**

8:00 am High Jump & Throwing Athletes

 **RAIN OR SHINE** 

Star of the Sea PE strip and sweats for practices* *Dress for the weather* *Bring water bottles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5th	6th 	7th HJ: 6/7 8:00am *gym Shot 3:00 – 3:40pm @ school Gr. 4 only	8th 7:45 am @track Gr. 3 & 4 Shot/Discus 8:00am @ Track 5,6 & 7	9th HJ: 4/5 8:00am *gym	10 th 7:45 am @track Gr. 5,6,7 Mass 	11th
12	13 7:45 am @track Gr. 3 & 4	14 HJ: 6/7 8:00am *gym Shot 3:00 – 3:40pm @ school Gr. 4 only	15 7:45 am @track Gr. 3 & 4 Shot/Discus 8:00am @ Track 5,6 & 7	16 HJ: 4/5 8:00am *gym	17 7:45 am @track Gr. 5,6 & 7	18
19	20 7:45 am @track Gr. 5,6 & 7 	21 HJ: 6/7 8:00am *gym Shot 3:00 – 3:40pm @ school Gr. 4 only	22 7:45 am @track Gr. 3 & 4 Shot/Discus 8:00am @ Track 5,6 & 7	23 HJ: 4/5 8:00am *gym 1:00 start -2:45pm Meet @ Track Gr.3,4 & 5 1000m Gr. 6 & 7 1200m	24 7:45 am @track Gr. 5,6 & 7	
26	27 7:45 am @track Gr. 5,6 & 7 HJ: 4/5 8:00am *gym	28 HJ: 6/7 8:00am *gym Shot 3:00 – 3:40pm @ school Gr. 4 only	29 7:45 am @track Gr. 3 & 4 Shot/Discus 8:00am @ Track 5,6 & 7	30 Star Meet with IC @ South Surrey Track 9:00 am start 3:00 pm 	May 1st WALK-A-THON 	

*Star of the Sea track suit/gym strip for all practices & meets (water bottles)