

Halifax Central Athletics

April and May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 11:25am Girls Flag Football Practice	28 3:15pm ALL RUNNING distances and Javelin/Shot Put @ Conrose Field Long/Triple Jump Practice @ SMU sandpit, 5-6pm	29 No School PD Day	30 11:25am Track and Field: High Jump Practice 2:45pm Mandatory 5 minute meeting in the gym for ALL track participants 3:15pm ALL RUNNING distances and Discus/Shot Put @ Conrose Field	May 1 11:25am Girls Flag Football Practice	2
3	May 4 Girls Flag Football @ BMO	May 5 11:25 Gym Reserved- Play Rehearsal 3:15pm ALL RUNNING distances @ Conrose Field	May 6 11:25am Track and Field: High Jump Practice TRACK AND FIELD PERMISSION FORMS DUE to Mrs Gillis	May 7 <i>Gym Unavailable- Golf Set up</i> 11:25 Stage Reserved- Play Rehearsal 3:15pm ALL RUNNING distances @ Conrose Field	May 8 <i>Gym Unavailable- Golf Set up</i>	9

10	11 Track and Field City Meet ALL DAY @ Beazley	12 Track and Field City Meet ALL DAY @ Beazley 11:25am and 2:45pm Gym Reserved- Play Rehearsal	13 11:25am Girls Softball Try-outs in the gym 11:25am Boys Softball Try-outs @ Conrose	14 11:25am Girls Softball Try-outs in the gym	15 11:25am Boys Softball Try-outs @ Conrose	16
17	18	19 11:25am and 2:45pm Gym Reserved- Play Rehearsal 11:25am Girls Softball Try-outs	20 Track and Field Regional Meet ALL DAY @ Beazley	21 Track and Field Regional Meet ALL DAY @ Beazley 11:25 Gym Reserved- Play Rehearsal	22 11:25am Boys Softball Try-outs @ Conrose	23
24	25 <i>Gym Reserved- Ninja Course</i>	26 <i>Gym Reserved- Ninja Course</i> 11:25am and 2:45pm Stage Reserved- Play Rehearsal	27 <i>Gym Reserved- Ninja Course</i>	28 11:25 Gym Reserved- Play Rehearsal	29	30

June 2, June 4, June 8, June 9, June 10: Play rehearsal after school