

Journey Track & Field 2022

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
4 <u>LUNCH:</u> Sprints + Mid./Long Distance	5 <u>LUNCH:</u> Throws + Jumps	6 <u>LUNCH:</u> Jumps + Distance	7 <u>After School:</u> Sprints + Relays 3:10 - 4:45	8 PRO. D. DAY No Athletics
11 <u>LUNCH:</u> Sprints + Mid./Long Distance	12 <u>LUNCH:</u> Throws + Jumps	13 <u>LUNCH:</u> Jumps + Distance	14	15 GOOD FRIDAY No Athletics
20 EASTER MONDAY No Athletics	19 <u>LUNCH:</u> Sprints + Throws	20 <u>LUNCH:</u> Jumps + Distance	21 <u>After School:</u> Sprints + Relays 3:10 - 4:45	22 <u>LUNCH:</u> Mid./Long Distance
25 <u>LUNCH:</u> Sprints + Mid./Long Distance	26 <u>LUNCH:</u> Throws + Jumps	27 <u>LUNCH:</u> Jumps + Distance	28 <u>After School:</u> Sprints + Relays 3:10 - 4:45	29

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>LUNCH:</u> Sprints + Mid./Long Distance	3 <u>LUNCH:</u> Throws + Jumps	4 <u>LUNCH:</u> Jumps + Distance	5 <u>After School:</u> Sprints + Relays 3:10 - 4:45	6
9 <u>LUNCH:</u> Sprints + Mid./Long Distance	10 <u>LUNCH:</u> Throws + Jumps	11 <u>LUNCH:</u> Sprints + Jumps	12 <u>LUNCH:</u> T&F - Meeting T&F Meet @ UVic After School	13 PRO. D. DAY No Athletics

Journey Track & Field 2022

Monday	Tuesday	Wednesday	Thursday	Friday
16 <u>LUNCH:</u> Sprints + Mid./Long Distance	17 <u>LUNCH:</u> Throws + Jumps	18 <u>LUNCH:</u> T&F - Meeting T&F Meet @ UVic After School	19 <u>After School:</u> Sprints + Relays 3:10 - 4:45	20
23 [Redacted] VICTORIA DAY [Redacted] No Athletics	24 <u>LUNCH:</u> Jumps + Mid./ Long Distance	25 <u>LUNCH:</u> T&F - Meeting T&F Meet @ UVic After School	26 <u>After School:</u> Sprints + Relays 3:10 - 4:45	27

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
30 <u>LUNCH:</u> T&F - Meeting T&F Meet @ UVic After School	31 <u>LUNCH:</u> Jumps + Mid./ Long Distance	1 <u>LUNCH:</u> Jumps + Sprints	2 <u>After School:</u> Sprints + Relays 3:10 - 4:45	3
6 <u>LUNCH:</u> Mid./ Long Distance <u>After School:</u> Sprints + Relays 3:10 - 4:45	7 <u>LUNCH:</u> Meeting	8 T&F Meet - LIMSAA Championship @ UVic all day	9	10