



MARIST TRACK & FIELD



TERM 3 TRAINING SCHEDULE

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING TRAINING						
McMahon Oval						
Hayden Oval						
MCA Athletics Centre		Primary Long Jump 6:45 - 7:15am Hurdles 7:15 - 8:15am			Primary High Jump 7:00 - 8:00am	
Break 1						
Hayden Oval					Primary Shot Put	
AFTERNOON TRAINING: 3:30 - 4:45pm						
McMahon Oval	All Boys Track - Sprints & Distance		All Boys Track - Sprints & Distance			
Hayden Oval						
MCA Athletics Centre		Primary High Jump 3:30 - 5:00pm				

IMPORTANT INFORMATION: