



# MARIST TRACK & FIELD



## TERM 3 TRAINING SCHEDULE

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

**IMPORTANT INFORMATION:**