

## Athletics Training Times

	Monday	Tuesday	Wednesday	Thursday	Friday
	BOYS & GIRLS	BOYS & GIRLS	BOYS & GIRLS	BOYS & GIRLS	BOYS & GIRLS
Morning	Throws 1 <sup>st</sup> – 6 <sup>th</sup> Year 7.45am - 8.30am				
Afternoon	Track 1 <sup>st</sup> – 6 <sup>th</sup> Year 4pm – 5.30pm			Track & Long Jump 1 <sup>st</sup> – 6 <sup>th</sup> Year 4pm – 5.30pm	