

Athletics Training Times

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