

Track & Field Season Practice Schedule

Monday and Wednesday - 3:30pm-5:00pm

80, 100, 150, 200, 800, 1200, 2000m

Excellent training for all long/triple jumpers & triathlon athletes

(We will run to the Mid-Sun Community center fields. After practice, athletes will still be picked up from TCS)

Tuesday and Thursday - 3:30pm-4:45pm

long jump, triple jump, hurdles, javelin, shot put, discus
(TCS field)

Wednesday (boys)/Thursday (girls) - 12:00pm-12:45pm

high jump

Trinity Track meet:

Glenmore Athletic Park

- Thursday May 2 8:30am - 3:30pm

CISAA Blue Meet:

Foothills Athletic Park

- Friday May 24th 8:00am - 5:00pm

CISAA City Championships (top 4 athletes from Blue Meet):

Foothills Athletic Park

- Thursday May 30th 8:00am - 5:00pm