



Day One~ THIS SCHEDULE CAN CHANGE; please just keep marking them down, no matter what grade they are in.

**MR. SHINGLER** Shot Put **If time, if you could circle their best try, THAT WOULD BE GREAT! ☺**

Three tries...be sure to warm up well. **THEY NEED TO HUSTLE AND GET TO THE NEXT EVENT.**

- 1) Gr. 7 boys . Individually they should head to standing **jump as soon** as they are done.
- 2) Gr. 8 boys “ “ “
- 3) Gr. 7 girls “ “ “
- 4) Gr. 8 girls “ “ “
- 5) Drive the top jumpers to CHS for long jump tryouts.

**MRS. TELLOCK and MRS. JERABEK**

**Dashes (Call Mrs. C if you have no one in line)**

Please keep them stretching as they wait. One try apiece.

Have them run with someone their same speed. Push each other.

- 1) Really let them warm up, especially the older boys.
- 2) Gr 7-8 girls 50 m dash, 75 m if time
- 3) Gr. 5-6 girls 25 m dash, 50 if time, 75 if time
- 4) Gr. 5-6 boys 25 m dash, 50 if time, 75 if time
- 5) Gr. 7-8 boys 50 m dash, 75 m if time

**If we have time, can we run some up to the high school for the long jump?**

**MR. JITER AND MRS. KAMP SCHROEDER**

**Standing Jump** If time, if you could circle their best try, THAT WOULD BE GREAT! ☺

Three tries...be sure to warm up. Measure to the nearest inch.

- 1) Gr. 8 boys
- 2) Gr. 7 boys
- 3) Gr. 8 girls
- 4) Gr 7 girls
- 5) Gr. 5-6 boys
- 6) Gr. 5-6 girls
- 7) Then highlight the best jumpers at every level. If we have time, can we run some up to the high school for the long jump? Maybe Pauline and Becky could do that. ??
- 8) MR. Jiter, please lock up school doors when done.

**MRS. CLOETER (keep foot where it lands..don't walk toward the tape!)**

Mr. S, Softball throw gr. 5-6 boys, Mrs. C jump Rope gr. 5-6 girls ,  
then switch

Gr. 7-8 softball same way Jump Rope gr. 7-8

Then switch

Then time all the dashes that are left to do yet..

If we have time, can Teachers run some up to the high school for the long jump?

Chris, stay and start entering results.

Chris be sure to log the 8<sup>th</sup> graders who do personal bests in every event the first time. They get a track pin on awards day.

2009, at 1:30, all the other teachers drove the top 20 standing jumpers up to the high school. (they weren't done with jump rope yet however...) I stayed with the rest and finished jump rope. Then they played for ½ hour. If I could get entering results at that time, that would really help. Lap top? Or bring them all in for changing, and then study hall in my room?

Chris, set up who runs with who in the 440.

Chris, Day 2 took only 1 ½ hours. We did the 220 once, the 100 once, and the 440 once.

(DON'T FORGET TO BRING THE CORRECT DISTANCE MAPS)