



SPORT PRACTICE TIMES



Date	Athletics	Rugby, Netball, Hockey	Cricket	Day	Time
9 November			2020 u.15 & snr group	Monday	14:00 – 16:00
9 & 11 November	Long jump			Monday & Wednesday	12:00 – 13:00
9 & 11 November	Shotput			Monday & Wednesday	12:00 – 13:00
9 & 11 November	Hurdles			Monday & Wednesday	12:00 – 13:00
10 & 12 November	High jump			Tuesday & Thursday	12:00 – 13:00
10 & 12 November	Discus			Tuesday & Thursday	12:00 – 13:00
10 & 12 November	Javelin			Tuesday & Thursday	12:00 – 13:00
10 November			2020 u.14 & snr group	Tuesday	14:00 – 16:00
11 November			2020 u.15 & snr group	Wednesday	14:00 – 16:00
12 November			2020 u.14 & snr group	Thursday	14:00 – 16:00
14 November		2021 Gr8-Gr12		Saturday	08:00 – 10:00
16 & 18 November	Long jump			Monday & Wednesday	12:00 – 13:00
16 & 18 November	Shotput			Monday & Wednesday	12:00 – 13:00
16 & 18 November	Hurdles			Monday & Wednesday	12:00 – 13:00
16 November			2020 u.14, u.15 & snr group	Monday	14:00 – 16:00

Date	Athletics	Rugby, Netball, Hockey	Cricket	Day	Time
17 November			2020 u.14 & u.15	Tuesday	14:00 – 16:00
17 & 19 November	High jump			Tuesday & Thursday	12:00 – 13:00
17 & 19 November	Discus			Tuesday & Thursday	12:00 – 13:00
17 & 19 November	Javelin			Tuesday & Thursday	12:00 – 13:00
19 November			2020 u.14, u.15 & snr group	Thursday	14:00 – 16:00
21 November		2021 Gr8-Gr12		Saturday	08:00 – 10:00
23 November	Long jump			Monday	12:00-13:00
23 November	Shotput			Monday	12:00 – 13:00
23 November	Hurdles			Monday	12:00 – 13:00
23 November			2020 u.14 & snr group	Monday	14:00 – 16:00
24 November			2020 u.15 & snr group	Tuesday	14:00 – 16:00
24 November	High jump			Tuesday	12:00 – 13:00
24 November	Discus			Tuesday	12:00 – 13:00
24 November	Javelin			Tuesday	12:00 – 13:00
9 – 24 November	Middle distance			Everyday (Mon-Friday)	12:00 – 13:00
9 – 24 November	Sprints			Everyday (Mon-Friday)	12:00 – 13:00
9 – 24 November	General conditioning			Everyday, should code/item exercise not be possible	
Date	Athletics	Rugby, Netball,	Cricket	Day	Time

		Hockey			
28 November		2021 Gr8-Gr12		Saturday	08:00 – 10:00
25 Nov – 11 Dec	ALL ATHLETIC ITEMS			Monday - Friday	08:00 – 10:00
5 December		2021 Gr8-Gr12		Saturday	08:00 – 10:00
12 December		2021 Gr8-Gr12		Saturday	08:00 – 10:00