

Welcome and Prayer in gym- 10:00am - 10:20 (20 minute slots)

TIME/GROUPS	10:20- 10:40	10:40- 11:00	11:00- 11:20	11:20- 11:40	11:40 - 12:00	12:00- 12:20	12:20- 12:40	12:40- 1:00	1:00- 1:20	1:20- 1:40	1:40- 2:00
RED	50 M DASH	WATER GAME	RUNNING LONG JUMP	BALL THROW	300 M RUN	BREAK	OBSTACLE COURSE	STANDING LONG JUMP	100 M RELAY	FRISBEE TOSS	BREAK
PINK	BREAK	50 M DASH	WATER GAME	RUNNING LONG JUMP	BALL THROW	300 M RUN	BREAK	OBSTACLE COURSE	STANDING LONG JUMP	100 M RELAY	FRISBEE TOSS
ORANGE	FRISBEE TOSS	BREAK	50 M DASH	WATER GAME	RUNNING LONG JUMP	BALL THROW	300 M RUN	BREAK	OBSTACLE COURSE	STANDING LONG JUMP	100 M RELAY
YELLOW	100 M RELAY	FRISBEE TOSS	BREAK	50 M DASH	WATER GAME	RUNNING LONG JUMP	BALL THROW	300 M RUN	BREAK	OBSTACLE COURSE	STANDING LONG JUMP
LIGHT GREEN	STANDING LONG JUMP	100 M RELAY	FRISBEE TOSS	BREAK	50 M DASH	WATER GAME	RUNNING LONG JUM	BALL THROW	300 M RUN	BREAK	OBSTACLE COURSE
DARK GREEN	OBSTACLE COURSE	STANDING LONG JUMP	100 M RELAY	FRISBEE TOSS	BREAK	50 M DASH	WATER GAME	RUNNING LONG JUMP	BALL THROW	300 M RUN	BREAK
LIGHT BLUE	BREAK	OBSTACLE COURSE	STANDING LONG JUMP	100 M RELAY	FRISBEE TOSS	BREAK	50 M DASH	WATER GAME	RUNNING LONG JUMP	BALL THROW	300 M RUN
DARK BLUE	300 M RUN	BREAK	OBSTACLE COURSE	STANDING LONG JUMP	100 M RELAY	FRISBEE TOSS	BREAK	50 M DASH	WATER GAME	RUNNING LONG JUMP	BALL THROW
PURPLE	BALL THROW	300 M RUN	BREAK	OBSTACLE COURSE	STANDING LONG JUMP	100 M RELAY	FRISBEE TOSS	BREAK	50 M DASH	WATER GAME	RUNNING LONG JUMP
BLACK	RUNNING LONG JUMP	BALL THROW	300 M RUN	BREAK	OBSTACLE COURSE	STANDING LONG JUMP	100 M RELAY	FRISBEE TOSS	BREAK	50 M DASH	WATER GAME
WHITE	WATER GAME	RUNNING LONG JUMP	BALL THROW	300 M RUN	BREAK	OBSTACLE COURSE	STANDING LONG JUMP	100 M RELAY	FRISBEE TOSS	BREAK	50 M DASH

2018 CCRS TRACK AND FIELD DAY SCHEDULE