

KITSONG SPORTS. AFTER SCHOOL.



WEEK DAYS	BOYS	GIRLS	TIME
MONDAY	Track events	Track events	15:15 - 16:45
TUESDAY	Field events	Field events	15:15 - 16:45
WEDNESDAY	Track events & Field events	Track events & Field events	15:15 - 16:45
THURSDAY	Track events	Track events	15:15 - 16:45
FRIDAY	Field events	Field events	15:15 - 16:45

Track events -100m, 200m, 400m, 800m, 1500m, 4x100m

Field events - High jump, shot put, and discus throw