



# 2015 SPARTAN Track & Field



<u>Date</u>	<u>Event</u>	<u>Bus Depart</u>
<b>3/9</b> (Monday)	First Practice 3:25-5:00pm – Meet in Gym	
<b>3/10</b> (Tuesday)	Parent/Athlete Meeting 5:30pm @ Willow Creek Cafe	
<b>3/12</b> (Thursday)	Fundraiser kickoff (cafeteria)	
<b>3/16, 3/17, &amp; 3/20</b>	RCTC Fieldhouse 4-6	On Own
<b>3/23</b> (Monday)	Cookie Orders Due	
<b>3/30- 4/3</b>	Spring Break Practices - Practice Time TBD	
<b>4/14</b> (Tuesday)	Girls @ Century 4:30pm start	3:15pm
	Boys @ Home 4:30pm start	3:20pm
<b>4/18</b> (Saturday)	Austin Invite (Varsity Only) @ Wescott Sports Complex -	7:50am
<b>4/21</b> (Tuesday)	Girls @ Mankato West 4:30pm start	2:00pm
	Boys @ Mankato East 4:30pm start	2:00pm
<b>4/24</b> (Friday)	Track Team Pictures 4:15pm	
<b>4/28</b> (Tuesday)	Girls @ JM 4:30pm start	3:10pm
	Boys @ Owatonna 4:30pm start	2:30pm
<b>5/2</b> (Saturday)	Mayo Invitational @ Mayo H.S. – 9am start	
<b>5/5</b> (Tuesday)	Section 1AAA True Team (Varsity Only) @ Lakeville North H.S. -	12:35
<b>5/7</b> (Thursday)	All City J.V. (JV Only) @ JM – 4:30pm start	3:20pm
<b>5/8</b> (Wednesday)	Cookie Dough Delivery 5pm	
<b>5/12</b> (Tuesday)	Boys @ Northfield 3:45pm start	1:15pm
	Girls @ Northfield 3:45pm start	1:15pm
<b>5/14</b> (Thursday)	All City Varsity @ Century -	3:15pm
<b>5/16</b> (Friday)	State True Team Meet @ Stillwater – Varsity team needs to qualify	
<b>5/18</b> (Monday)	JV Last Chance Meet (J.V. Only) @ Winona Paul Giel Field -	2:00pm
<b>5/19</b> (Tuesday)	End of Season Banquet @ Mayo H.S. Cefe' -	5:30pm
<b>5/22</b> (Friday)	Varsity Big 9 Conference @ East - 10:30am start	8:30pm
<b>5/28<sup>th</sup></b> (Thursday)	Section 1AA Meet Day 1 (varsity only) @ Lakeville South H.S. -	10:15am
<b>5/30<sup>th</sup></b> (Saturday)	Section 1AA Meet Day 2 (varsity only) @ Lakeville South H.S. -	8:20am
<b>Fri/Sat. June 5<sup>th</sup> &amp; 6<sup>th</sup></b>	State Meet (qualify as an individual or relay at Section Meet) @ Hamline College	

**Meet Length** – (Approximate time schedules are always provided on team webpage for each meet)

Triangular/Quadrangular ~ 2 ½ hours      Varsity Championship Meets/Invites ~ 4-6 hours

Girls Site: [www.mayospartans.org/page/show/867485-girls-track-2014-](http://www.mayospartans.org/page/show/867485-girls-track-2014-)

Boys Site: <http://www.mayospartans.org/page/show/867487-boys-track-2014->

# Mayo Track & Field

- Registration is February 23<sup>rd</sup> through March 1<sup>st</sup> online through the athletic dept
- Daily Practices (Monday – Friday) are scheduled 3:20-5pm (may be shorter)  
- *Notify coach of schedule conflict ahead of time.*
- To be able to participate you must
  1. Be in grades 7-12<sup>th</sup>
  2. Turn in a physical form or have one on file at the Mayo Activities Office
  3. Turn in the registration packet to the Mayo Activities Office  
(*If you need assistance with payment please let a coach or the activities office know*)
- What you need for practice (*if you don't have something we can help provide it for you*):
  1. Active clothes for hot & cold weather everyday
  2. Athletic Shoes
  3. Your own lock if you are planning on using a locker in the athletic locker room.
- If you don't know what events you would like to participate in the coaches will help you understand the events more and choose those that interest you and your abilities.
  - \* Jumping Events – Long Jump, Triple Jump, High Jump, & Pole Vault
  - \* Throwing Events – Shot Put & Discus
  - \* Sprinting Events – 100, 200, & 400
  - \* Distance Events – 800, 1600, & 3200
  - \* Hurdle Events – 100 & 300
  - \* Relays – 4x100, 4x200, 4x400, 4x800
- Middle School students can take activity bus to Mayo after school (contact Middle School for bus info.)
- Our expectations are that everyone will respect each other, have a positive attitude and work hard to improve. We don't make any cuts and everyone is able to compete. Varsity & JV go to almost all of the same meets but compete against other Varsity or JV athletes.
- Check team webpage for additional information and links:

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Boys Site: <http://www.mayospartans.org/page/show/867487-boys-track-2014->

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 @mayotfcc

Any other Questions please Contact:

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