

2024 Spartan Track and Field



<u>Date</u>	<u>Event</u>	<u>Start Time</u>
Monday, March 11th	First Practice --- Meet on the turf	MS - 3:15 HS - 4:15
Friday, March 22nd	UW - Stout Indoor Invite (Varsity Only)	Bus - 12:15 pm Start - 3:00 pm
Thursday, March 28th	Team Time Trials	MS - 3:30 HS - 4:15
Thursday, April 11th	MS and JV only Meet @ HOME (Varsity will Help Run Events)	4:30 pm
Tuesday, April 16th	Big9 Triangular @ Mankato West (JV and Varsity only)	Bus Time - 2:15 Start Time - 4:30
Friday, April 19th	Austin Invitational @ Austin (Varsity Only)	Bus Time - 2:30 Start Time - 4:15
Tuesday, April 23rd	Big9 Triangular @ Red Wing (JV and Varsity)	Bus Time - 2:45 Start Time - 4:30
Thursday, April 25th	Lakeville South True Team Boys Invite (Boys Only)	Bus Time - 1:30 Start Time - 4:00
Friday, April 26th	Hamline Invite (by invitation only)	TBA
Monday, April 29th	Middle School only meet @ Byron	Bus Time - 3:15 Start Time - 4:15
Monday, April 29th	Big9 Triangular @ Home (JV and Varsity)	Start Time - 4:30
Thursday, May 2nd	Mayo Invite @ HOME (Varsity Only)	Start Time - 4:30
Friday, May, 3rd	MS and JV only meet @ John Marshall (Varsity will Help Run Events)	Bus Time - 3:30 Start Time - 4:30
Tuesday, May 7th	Section 1AAA True Team Meet @ Lakeville South (Varsity Only)	1:30 pm
Thursday, May 9th	All-City MS/JV @ HOME	4:30
Tuesday, May 14th	Big9 Triangular @ HOME (JV and Varsity)	4:30
Thursday, May 16th	All-City Varsity @ Century (Varsity Only)	NO BUS 4:30

Monday, May 20th	MS and JV Last Chance Meet @ Winona	Bus - 2:45 Start - 4:30
Thursday, May 23rd	Big9 Conference Meet @ HOME (Varsity Only)	10:30 a.m.
Thursday, May 30th	Day 1 Section 1AAA Meet @ Lakeville South	Bus Time - 6:45 am Start Time - 9:00 am
Saturday, June 1st	Day 2 Section 1AAA Meet @ Lakeville South	Bus Time - 6:45 am Start Time - 9:00 am
June 6th - June 8th	MN State Meet	TBD



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- Daily Practices Optional
 - **JV and Varsity** practice on **Monday - Friday from 4:30 - 5:30 pm**
 - **Middle School** on **Monday - Friday from 3:15 pm to 4:30 pm**
 - Middle School students can take the “activity bus” to Mayo after school (contact Middle School for bus info.)
 - Because of staggered release time for the different levels, Middle school athletes will have limited supervision between their release time and practice time
 - Excused absences must notify coach of schedule conflict **ahead of time**
- To be able to participate you must
 - Be in grades 7-12th
 - Turn in a physical form or have one on file at the Mayo Activities Office
 - Fill out online registration and pay the athletic fee
 - 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)
 - Active clothes for **hot & cold** weather **everyday**
 - Athletic Shoes and spikes for the track
 - Your own lock if you are planning on using a locker in the athletic locker room.
 - Recommending a foam roller for pre warm-up stretching
- If you don't know what events to do, the coaches will help you understand the events more and help you choose those that interest you and fit your abilities.
 - **Jumping Events** – Long Jump, Triple Jump, High Jump, & Pole Vault
 - **Throwing Events** – Shot Put & Discus
 - **Sprinting Events** – 100 & 200 meters
 - **Middle Distance Events** -- 400 & 800 meters
 - **Hurdle Events** – 100 (girls)/110 (boys) & 300 meter hurdles
 - **Distance Events** --1600, & 3200 meters

- **Relays** – 4x100, 4x200, 4x400, 4x800 meters
- Check team webpage for additional information, team expectations, and links:
 - Boy's webpage -- <https://www.mayospartans.org/page/show/1930439-boys-track-2016->
 - Girls webpage -- <https://www.mayospartans.org/page/show/1930394-girls-track-2016->
- Any other questions? Please feel free to contact us
 - Boy's Head Coach Donny Holcomb -- doholcomb@rochesterschools.org
 - Girl's Head Coach Jered Smiley -- jesmiley@rochesterschools.org
 - Follow us on Twitter --- @CoachJSmiles and @MayoTrack