

Saint Michael School Track and Field 2010

Head Coach: Linda Berard (978)458-1143 lindaberard@comcast.net

Practice and Meet Schedule

Practices are held at McPhearson's Park from 3-4pm.

Regular season meets are held at Lowell Technical Vocational High School, Dracut High or NDA. The meet location will be noted on the schedule.

THERE WILL BE 2 MEETS DURING APRIL VACATION THAT ARE OPTIONAL.

The EAA Jamboree @ Dracut High School (TBA)

GLRC Meet @ Cawley Stadium (TBA)

If anyone wishes to attend, he/she must go with his or her parents.

All athletes are expected to be at meets an half hour before start time for warm-ups and/or setting up if we are the home team. All athletes must remain for the entire meet unless arrangements were made ahead of time with the coach. No athlete is to leave the meet without informing the coach first.

Meets marked with @ means we are **NOT the home team** and the other school is responsible for running the meet.

Meets marked with **vs.** means we are the **home team** and are responsible for running the meet. We will need parents to help at the meets for timing and measuring. During our first two weeks of practice, I will need any parent who wishes to help at meets to attend practice (any day) to learn how to time and/or measure. The meets cannot be run without help from volunteers so please try to donate some of your time!

Field Events

Long jump, Shot put

Running Events

Mile, 100m dash, 100m hurdles, 800m, 400m, 200m, 4x100m relay, 4x200m relay

Athletes may enter 2 running events, 1 field event and 1 relay for each regular season meet. The coach will have final say as to which events an athlete will enter.

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April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 Practice 3pm	6 Practice 3pm	7	8 Practice 3pm	9	10
11	12 Practice 3pm	13 Practice 3pm	14	15 Practice 3pm	16	17
18	19 VA-	20 -CA-	21 -TION	22	23	24
25	26 Practice 3pm	27 Meet @ LCCPS 5:30pm @ Voke	28	29 Practice 3pm	30	

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May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Practice 3pm	4 Meet @ NDA 4pm@ NDA	5	6 Practice 3pm	7	8
9	10 Practice 3pm	11 Practice 3pm	12	13 Meet vs. SJA 5:30pm @Voke	14	15
16	17 Practice 3pm	18	19 Meet vs. DMS 5:30pm@ DHS	20 Practice 3pm	21	22
23	24 Practice 3pm	25 Meet @ SLS 5:30pm@ Voke	26	27 Practice 3pm	28	29

June

Practice 1st and 3rd

MEETS

League Championship Invitational Monday June 7th UMASS(time TBA)

Qualifier Invitational Wednesday June 9th DHS track (time TBA)