

# Elk River Track & Field: MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25 Fundraising Material Delivered 4:30 Gilby and Gnan Only?	26 Veteran Girls Meeting @ 2:20 in Room 264	27 Rookie Girls Meeting @ 2:20 in Room 264. Middle School Girls @ 3:20pm	28 ERHS P/T Conferences	1 2 hr early release	2
3	4	5 ERHS P/T Conferences	6 Boys Meeting @ 2:20 in Health Room	7	8	9
10	11 3:00PM First day of Practice. Rookies 3-6pm	12 Run N Fun/Parent Meeting	13 Pool Workout	14	15	16
17	18	19	20 Uniform Handout Pool Workout	21 Picture Day Individual @2:45 Team @ 3:15	22 Cookie Dough & Clothing Orders Due to Coaches	23 St John's University Indoor. 11:00am Bus leaves @ 9:00am.
24	25	26	27 Pool Workout	28	29 Moundsview Indoor 6:45PM Bus leaves @ 5:30PM NO SCHOOL!!!!	30 Meet Bus Leaves @ 7:30am

## NOTES

If you miss the athlete meeting and the Parent meeting, see Coach Gnan ASAP for fundraising info and clothing order info.

# Elk River Track & Field: APRIL 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
Spring Break this week	9:00am Practice	9:00am Practice	9:00am Practice	ER @ Blaine or Foley? 3:45pm. Bus leaves at 2:30pm	9:00am Practice	
7	8	9	10	11	12	13
		ER @Osseo 3:45pm Start Time. Bus leaves at 2:30pm	Pool Workout Cookie Dough Delivery Pick up in dance room		Sartell Invite @ 4:00pm Bus Leaves @2:00pm	9:00am Optional Practice
14	15	16	17	18	19	20
		ER @Andover 3:45pm Start Time. Bus leaves at 2:30pm	Pool Workout		No School Good Friday 3:00PM Practice	9:00am Optional Practice
21	22	23	24	25	26	27
Easter			Pool Workout	9th and 10th @Centennial 3:45pm Start Time Bus leaves at 2:25PM	Hamline Elite Meet (TBD) Normal Practice for most people	Lakeville Mega Meet 10:00 am Bus: 8:00 am
28	29	30	1	2	3	4
		ISD 728 Meet @Elk River 3:45pm Start Time				9:00am Optional Practice
5	6					

11

## NOTES

\*Hamline Elite Meet: Must Qualify and be of the top in the state to enter into the meet. Based on season performance this season.

# Elk River Track & Field: MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30 ISD 728 Meet @Elk River 3:45pm Start Time	1 Pool Workout	2	3	4 9:00am Optional Practice
5	6	7 True Team at ER 3: 45pm Start Time	8 Pool Workout	9 JV at Anoka 3: 45pm Start Time Bus leaves at 2: 30pm	10	11 Prom
12	13	14 ER@Champlin Park 3:45pm Start time Bus leaves at 2: 30pm	15 Pool Workout	16 JV Conference @ER 3: 45pm Start Time	17 True Team State (TBD)	18 9:00am Optional Practice
19	20	21 2:30pm: NWS Conference Meet at Maple Grove. Bus leaves at 1:00pm.	22	23 2:30pm: NWS Conference Meet at Maple Grove. Bus leaves at 1:00pm.	24	25
26	27 Memorial Day Practice at 6:00pm.	28	29 11:00am: Section 7AA Prelims at Chisago Lakes. Bus leaves at 8: 15am.	30	31	1 11:00am: Section 7AA Prelims at Chisago Lakes. Bus leaves at 8: 15am.

## NOTES

\*Top team from True Team Section and the best 2nd place team of the 8 true team sections qualifies for True Team State on May 17th. This meet is independent from the State Meet in June.

# Elk River Track & Field: June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 Memorial Day Practice at 6:00pm.	28	29 11:00am: Section 7AA Prelims at Chisago Lakes. Bus leaves at 8:15am.	30	31	1 11:00am: Section 7AA Prelims at Chisago Lakes. Bus leaves at 8:15am.
2	3 Lettering Form and Uniform turn in for Varsity.	4	5	6	7 MSHSL State Meet at Hamline (TBD)	8 MSHSL State Meet at Hamline(TBD)
9	10 Youth Track Practice 4:15-5:30 PM Last Day of School	11 Youth Track Practice 4:15 -5:30 PM ,6:15 PM Track and Field Awards Banquet at ERHS Zabee Theater	12 Youth Track Meet at Elk River 6:30pm	13	14	15
16	17 Youth Track Practice 3-5 PM	18 Youth Track Practice 3-5 PM	19 Youth Track Meet at Zimmerman 6:30pm	20	21	22
23	24 Youth Track Practice 3-5 PM	25 Youth Track Practice 3-5 PM	26 Youth Track Meet at Princeton 5:30pm	27	28	29

## NOTES

