

Elk River Track & Field: MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	29
1	2	3	4 Info Meetings @2:20 Boys in Health Room Girls in Room 264	5 ERHS P/T Conferences	6	7
8	9 3:00 PM First Day of Practice Practice 3:00-5:15 Rookies 3-6	10 Run-n-Fun Shoes @ 4:00 Parent Meeting @ 6:00 in Little Theater. Practice 3:00-5:15	11 Boys 2:30 Weights 3:15 Pool Practice 3:00-5:15	12 Practice 3:00-5:15	13 Practice 3:00-5:15	14 No Practice
15	16 Practice 3:00-5:15	17 Practice 3:00-5:15	18 Uniform Handout Boys 2:30 Weights 3:15 Pool Practice 3:00-5:15	19 Picture Day Individual 2:45 Team 3:15 Practice 3:15 - 5:15	20 Cookie Dough & Clothing Orders Due at Practice Practice 3:00-5:15	21 St John's University Indoor. 11:00am (Boys only) Bus leaves @ 9:00am.
22	23 Practice 3:00-5:15	24 Practice 3:00-5:15 ACT Day for Juniors	25 Boys 2:30 Weights 3:15 Pool	26 Practice 3:00-5:15	27 Moundsview Indoor 6:45pm @ Bethel U Bus leaves @ 5:00pm Normal Practice for those not in meet.	28 U of M Indoor 10:00 AM Bus @ 8:00 AM LIMITED MEET

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 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 Practice 3:00-5:15	31 Practice 3:00-5:15	1 Practice 3:00-5:15	2 ER @ Blaine 3:45 Bus leaves 2:30 pm	3 Practice 3:00-5:15	4 9:00am Optional Practice
5	6 COOKIE DOUGH ORDER DELIVERY after practice Practice 3:00-5:15	7 Osseo@ER 3:45pm	8 Practice 3:00-5:15	9 Spring Break-Practice @ 9:00am	10 Spring Break-No Practice	11 Spring Break-No Practice
12 Easter	13 Spring Break-Practice @ 3:00pm	14 ER, Anoka @ Coon Rapids 3:45pm Bus Leaves at 2:30pm	15 Boys 2:30 Weights 3:15 Pool Practice 3:00-5:15	16 ER P/T Conferences Practice 3:00-5:15	17 Practice 3:00-5:15	18 9:00am Optional Practice
19	20 Practice 3:00-5:15	21 STMA INVITE @ St Micheal 4:00pm. Bus leaves @ 2:30pm. LIMITED MEET	22 Boys 2:30 Weights 3:15 Pool Practice 3:00-5:15	23 9th & 10th Grade Invite @ Buffalo	24 Hamline Elite Meet (TBD) Normal Practice for most people	25 9:00am Optional Practice
26	27 Practice 3:00-5:15	28 ISD 728 Meet @ZIMMERMAN 3:45pm Bus Leaves @2:30pm	29 Boys 2:30 Weights 3:15 Pool Practice 3:00-5:15	30 Practice 3:00-5:15	1 Practice 3:00-5:15	2 9:00am Optional Practice
3	4					

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 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
	Practice 3:00-5:15	ISD 728 Meet @ZIMMERMAN 3:45pm Bus Leaves @2:30pm	Boys 2:30 Weights 3:15 Pool Practice 3:00-5:15	Practice 3:00-5:15	Practice 3:00-5:15	9:00am Optional Practice
3	4	5	6	7	8	9
	Practice 3:00-5:15	True Team at ER @ 3:45pm . LIMITED MEET	Boys 2:30 Weights 3:15 Pool Practice 3:00-5:15	JV TT at Blaine 3:45pm Bus leaves at 2:30pm	Practice 3:00-5:15	Prom
10	11	12	13	14	15	16
	Practice 3:00-5:15	ER@Champlin Park 3:45pm Bus leaves at 2:30pm	Boys 2:30 Weights 3:15 Pool Practice 3:00-5:15	JV Conference @ER 3:45pm	True Team State (TBD) Must Qualify. Practice 3:00-5:15	9:00am Optional Practice
17	18	19	20	21	22	23
	Practice 3:00-5:15. JV Turn in uniform and fill out Lettering Form at 2:15pm in Gnan's room	2:30pm: NWS Conference Meet at Osseo. Bus leaves at 1:00pm.	Practice 3:00-5:15	2:30pm: NWS Conference Meet at Maple Grove. Bus leaves at 1:00pm.	Practice 3:00-5:15	
24	25	26	27	28	29	30
	Memorial Day Practice at 6:00pm.	Practice 3:00-5:15	11:00am: Section 7AA Prelims at Cloquet. Bus leaves at 7:15am	Practice 3:00-5:15	Practice 3:00-5:15	11:00am: Section 7AA Finals at Cloquet. Bus leaves at 7:15am

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 15th. This meet is independent from the State Meet in June.

Elk River Track & Field: June 2020

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

NOTES
