

Elk River Track & Field: MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	28	1	2	3	4	5
		Veteran Girls Meeting @ 2:20 in Room 264	Rookie Girls Meeting @ 2:20 in Room 264. Middle School Girls @ 3:20pm			
6	7	8	9	10	11	12
			Boys Meeting @ 2:20 in Health Room Middle School Boys @ 3:20			
13	14	15	16	17	18	19
Spring Break. Practice times and dates TBD	First Day of Practice: Practice is from 3:00 - 5:15	Practice 3:00 - 5:15	Practice 3:00 - 5:15			
20	21	22	23	24	25	26
	Try it Day for Rookies. 3:00-6:00pm. Regular practice for others.	Pool Workout	Parent Meeting 6:30 PM @ Elk River High School Health Room 168 (East of Main Gyms)			
27	28	29	30	31	1	2
	Cookie Dough & Clothing Orders Due to Coaches	Pool Workout			ER at U of M indoor (Varsity). 4:00pm Bus leaves at 2:30pm	ER at Bethel Indoor (JV) 11:00am Bus Leaves at 9:00am

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 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
					ER at U of M indoor. 4:00pm Bus leaves at 2:00pm	ER at Bethel Indoor (JV) 11:00am Bus Leaves at 9:00am
3	4	5	6	7	8	9
		Pool Workout	Cookie Dough Delivery Pick up in Dance Room after practice	ER at Osseo 3:45pm Bus leaves at 2:30pm	No School. No Practice	Practice 10:00 am
10	11	12	13	14	15	16
			Pool Workout		No School- Armstrong Invitational. 3:00PM Bus Leaves at 1:00PM	
17	18	19	20	21	22	23
Easter		Elk River, Rogers at Maple Grove. 3:45pm Bus leaves at 2:30pm	Pool Workout			
24	25	26	27	28	29	30
		JV ER, Centennial at Blaine. 3:45pm Bus leaves at 2:30pm		Cambridge True Team Meet. Varsity. 4:00pm. Bus Leaves at 2:00 pm JV Practice 3:00	Hamline Elite Meet Must Qualify (Only top in the State) Practice for everyone else.	

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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 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 District Meet at Rogers. 3:45pm Bus leaves at 2:30pm	4 Pool Workout	5 ERHS Conferences	6	7
8	9	10 True Team at Rogers 3:45pm Bus leaves at 2:30pm	11 Pool Workout	12 JV TT Meet at Anoka. 3:45pm Bus leaves at 2:30pm	13	14 Prom
15	16	17 ER at Champlin Park 3:30pm Bus leaves at 2:20pm	18 Pool Workout	19 JV Conf Meet at Elk River. 4:00pm (Last meet for JV)	20	21
22	23 Letter and uniform turn in for JV	24 NWS Conference Meet at Armstrong 2:30 pm Bus leaves @12:30 PM	25	26 NWS Conference Meet at Armstrong 2:30 PM Bus Leaves @ 12:30 PM	27	28
29	30 Memorial Day: Practice 6:00 - 7:30 PM	31	1 Section 8AAA at Sartell	2	3	4 Section 8AAA at STMA

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 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 Memorial Day Practice 6:00 - 7:30 PM	31	1 Section 8AAA at Sartell	2	3	4 Section 8AAA at STMA
5	6 Lettering Form and Uniform turn in for Varsity.	7	8	9 MSHSL State Meet at(TBD). Last Day of School	10 MSHSL State Meet at(TBD)	11 MSHSL State Meet at(TBD)
12 Track and Field Banquet ERHS Zabee Food @6:00 Awards @7:00	13 Youth Track Practice 6:00 - 7: 30 PM	14 Youth Track Practice 6:00 - 7:30 PM	15 Youth Track Meet at TBD 6:00pm	16	17	18
19	20 Youth Track Practice 6:00 - 7: 30 PM	21 Youth Track Practice 6:00 - 7: 30 PM	22 Youth Track Meet at TBD 6:00pm	23	24	25
26	27	28 Youth Track Practice 6:00 - 7: 30 PM	29 Youth Track Meet at Elk River 6:00 pm	30	31	32