

# Elk River Track & Field: MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2/26/2023	2/27/2023	2/28/2023	3/1/2023	3/2/2023	3/3/2023	3/4/2023
		Veteran Girls Meeting @ 2:20 in Room 264	Rookie Girls Meeting @ 2:20 in Room 264. Middle School Girls @ 3:20pm			
3/5/2023	3/6/2023	3/7/2023	3/8/2023	3/9/2023	3/10/2023	3/11/2023
			Boys Meeting @ 2:20 in Health Room 168 Middle School Boys @ 3:20			
3/12/2023	3/13/2023	3/14/2023	3/15/2023	3/16/2023	3/17/2023	3/18/2023
			Sprint Pool Workout. Practice 3:00 - 5:15	Distance Pool Workout		
	First Day of Practice: Try it Day for Rookies. 3:00-6:00pm. Regular practice for others.	Practice 3:00 - 5:15	Parent Meeting 6:30 PM @ Elk River High School in Little Theater Normal Practice times	Practice 3:00 - 5:15	Practice 3:00 - 5:15	Practice: 9:00-11:00am. (Optional)
3/19/2023	3/20/2023	3/21/2023	3/22/2023	3/23/2023	3/24/2023	3/25/2023
	Practice 3:00 - 5:15	Practice 3:00 - 5:15	Sprint Pool Workout. Practice 3:00 - 5:15	Practice 3:00 - 5:15. Cookie Dough & Clothing Orders Due to Coaches. Distance Pool Workout	Practice 3:00 - 5:15	Practice: 9:00-11:00am. (Optional)
3/26/2023	3/27/2023	3/28/2023	3/29/2023	3/30/2023	3/31/2023	4/1/2023
	Practice 3:00 - 5:15	Practice 3:00-5:15. Distance Pool Workout	Sprint Pool Workout. Practice 3:00 - 5:15 Uniform Checkout	Practice 3:00 - 5:15	VARSITY @ U of MN DOOR @ 4:00pm Bus Leaves @ 2:00pm	Practice: 9:00-11:00am. (Optional)

# Elk River Track & Field: APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3/26/2023	3/27/2023 Practice 3:00 - 5:15	3/28/2023 Practice 3:00 - 5:15	3/29/2023 Practice 3:00 - 5:15	3/30/2023 Practice 3:00 - 5:15	3/31/2023 VARSITY @ U of MN INDOOR @ 4:00pm Bus Leaves @ 2:00pm	4/1/2023 Practice: 9:00-11:00am. (Optional)
4/2/2023 Spring Break this week	4/3/2023 Practice 9-11:30am	4/4/2023 CP/Elk River at Osseo. 3:45pm. Bus leaves at 2:15pm. If meet is cancelled, practice at 9:00am	4/5/2023 No practice	4/6/2023 Practice 9-11:30am	4/7/2023 No practice	4/8/2023 No Practice
4/9/2023 Easter	4/10/2023 Practice 3:00 - 5:15	4/11/2023 ER / Rogers at Spring Lake Park at 4:00pm. Bus leaves at 2:30pm	4/12/2023 Sprint Pool Workout. Practice 3:00 - 5:15	4/13/2023 Practice 3:00 - 5:15 Distance Pool Workout	4/14/2023 Practice 3:00 - 5:15	4/15/2023 Practice: 9:00-11:00am. (Optional)
4/16/2023	4/17/2023 Practice 3:00 - 5:15	4/18/2023 JV at Armstrong 3:45pm Bus leaves at 2:30pm	4/19/2023 JV Pool Workout. Practice 3:00 - 5:15. Varsity has Normal Practice	4/20/2023 Varsity @ Osseo Invite 3:30pm. Bus leaves at 1:00pm	4/21/2023 Practice 3:00 - 5:15	4/22/2023 Practice: 9:00-11:00am. (Optional)
4/23/2023	4/24/2023 Practice 3:00 - 5:15	4/25/2023 PC/ Armstrong at Elk River. 3:45pm	4/26/2023 Sprint Pool Workout. Practice 3:00 - 5:15	4/27/2023 Practice 3:00 - 5:15. Evening of the Arts Distance Pool Workout	4/28/2023 Practice 3:00 - 5:15 Hamline Elite Meet (Must Qualify: top in the state)	4/29/2023 Practice: 9:00-11:00am. (Optional)

## 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 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4/30/2023	5/1/2023 Practice 3:00 - 5:15	5/2/2023 Varsity @ Buffalo Invite 4:00pm. Bus leaves at 2:00pm	5/3/2023 Sprint Pool Workout. Practice 3:00 - 5:15	5/4/2023 9/10 and under at Osseo(Limited) 3:30pm. Bus leaves at 2:00pm. Reg practice for everyone else.	5/5/2023 Practice 3:00 - 5:15	5/6/2023 Practice: 9:00-11:00am. (Optional)
5/7/2023	5/8/2023 Practice 3:00 - 5:15	5/9/2023 True Team at Rogers 3:45pm Bus leaves at 2:30pm. Boys PV and HJ at 12:00pm	5/10/2023 Varsity Sprint Pool Workout. Practice 3:00 - 5:15	5/11/2023 JV TT Meet at Anoka. 3:45pm Bus leaves at 2:30pm	5/12/2023 Practice 3:00 - 5:15	5/13/2023 Prom-No Practice
5/14/2023	5/15/2023 Practice 3:00 - 5:15	5/16/2023 ER at Champlin Park 3:30pm Bus leaves at 2:20pm	5/17/2023 Varsity Sprint Pool Workout. Practice 3:00 - 5:15	5/18/2023 JV Conf Meet at Elk River 4:00pm. Varsity practice at 2:30pm	5/19/2023 Practice 3:00 - 5:15	5/20/2023 No Sprint practice
5/21/2023	5/22/2023 Letter and uniform turn in for JV. Practice 3:00 - 5:15	5/23/2023 NWS Conference Meet at Elk River 3:00 pm	5/24/2023 Practice 3:00 - 5:15	5/25/2023 NWS Conference Meet at Elk River 3:00 PM	5/26/2023 Practice 3:00 - 5:15	5/27/2023 Practice: 9:00-11:00am. (Optional)
5/28/2023	5/29/2023 Memorial Day: Practice 6:00 - 7:30 PM	5/30/2023 Practice 3:00 - 5:15	5/31/2023 Section 8AAA at Brainerd. 3:00pm Bus leaves at 12:00pm	6/1/2023 Practice 3:00 - 5:15	6/2/2023 Practice 3:00 - 5:15	6/3/2023 Section 8AAA at STMA 11:00am start. Bus leaves at 9:00am

# Elk River Track & Field: June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5/28/2023	5/29/2023 Memorial Day Practice 6:00 - 7:30 PM	5/30/2023 Practice 3:00 - 5:15	5/31/2023 Section 8AAA at Brainerd. 3:00pm Bus leaves at 12: 00pm	6/1/2023 Practice 3:00 - 5:15	6/2/2023 Practice 3:00 - 5:15	6/3/2023 Section 8AAA at STMA. 11:00am
6/4/2023	6/5/2023 Lettering Form and Uniform turn in for Varsity.	6/6/2023 Practice 3:00 - 5:15	6/7/2023 Practice 3:00 - 5:15	6/8/2023 MSHSL State Meet at STMA. Last Day of School	6/9/2023 Graduation	6/10/2023 MSHSL State Meet at STMA
6/11/2023 Track and Field Banquet ERHS Zabee Food @6:00 Awards @7:00	6/12/2023 Youth Track Practice 6:00 - 7: 30 PM	6/13/2023 Youth Track Practice 6:00 - 7:30 PM	6/14/2023 Youth Track Meet at St Francis 6: 00pm	6/15/2023	6/16/2023	6/17/2023
6/18/2023	6/19/2023 Youth Track Practice 6:00 - 7: 30 PM	6/20/2023 Youth Track Practice 6:00 - 7: 30 PM	6/21/2023 Youth Track Meet at Princeton 6: 00pm	6/22/2023	6/23/2023	6/24/2023
6/25/2023	6/26/2023	6/27/2023 Youth Track Practice 6:00 - 7: 30 PM	6/28/2023 Youth Track Meet at Elk River 6:00 pm	6/29/2023	6/30/2023	7/1/2023