

Elk River Track & Field: MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2/25/2024	2/26/2024	2/27/2024	2/28/2024	2/29/2024	3/1/2024	3/2/2024
		Veteran Girls Meeting @ 2:20 in Room 264	Rookie Girls Meeting @ 2:20 in Room 264. Middle School Girls @ 3:20pm			
3/3/2024	3/4/2024	3/5/2024	3/6/2024	3/7/2024	3/8/2024	3/9/2024
				Boys Meeting @ 2:20 in Health Room 168 Middle School Boys @ 3:20		
3/10/2024	3/11/2024	3/12/2024	3/13/2024	3/14/2024	3/15/2024	3/16/2024
		Fundraiser Blitz @ 3:15	Sprint Pool Workout. Practice 3:00 - 5:15	Distance Pool Workout 3:15 - 4:15		
	First Day of Practice: Try it Day for Rookies. 3:00-6:00pm. Regular practice for others.	Practice 3:00 - 5:15	Parent Meeting 6:00 PM @ Elk River High School in Healthroom 168	Practice 3:00 - 5:15	Practice 3:00 - 5:15	Practice: 9:00-11:00am. Distance @8:00 am (Optional)
3/17/2024	3/18/2024	3/19/2024	3/20/2024	3/21/2024	3/22/2024	3/23/2024
	Practice 3:00 - 5:15	Practice 3:00 - 5:15	Sprint Pool Workout. Practice Uniform Handout and Picture day. 3:00 - 5:15	Practice 3:00 - 5:15	Cookie Dough and Clothing Orders Due	Practice: 9:00-11:00am. Distance @ 8:00am (Optional)
3/24/2024	3/25/2024	3/26/2024	3/27/2024	3/28/2024	3/29/2024	3/30/2024
Spring Break this week	No Practice	Practice 9:00 - 11:00 am	No Practice	Practice 9:00 - 11:00 am	U of MN Indoor Meet @ 4:00 Bus Leaves @ 2:00 PM (Limited)	Practice: 9:00-11:00am. No Distance (Optional)

Elk River Track & Field: APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3/31/2024 Easter	4/1/2024 Practice 3:00 - 5:15	4/2/2024 ER/Osseo at CP 3:45pm. Bus leaves at 2:30pm	4/3/2024 Practice 3:00 - 5:15 Cookie Dough Delivery	4/4/2024 Practice 3:00 - 5:15	4/5/2024 Practice 3:00 - 5:15. No school today	4/6/2024 Sprint Practice: 9:00-11:00am. Distance 8:00 am (Optional)
4/7/2024	4/8/2024 Practice 3:00 - 5:15	4/9/2024 ER/Spring Lake Park at Armstrong. 3:45pm. Bus leaves at 2:30pm	4/10/2024 Sprint Pool Workout. Practice 3:00 - 5:15	4/11/2024 Practice 3:00 - 5:15	4/12/2024 Practice 3:00 - 5:15	4/13/2024 Sprint Practice: 9:00-11:00am. No Distance Practice (Optional)
4/14/2024	4/15/2024 Practice 3:00 - 5:15	4/16/2024 ER/ CR JV at Maple Grove. 3:45pm. Bus leaves at 2:30pm	4/17/2024 JV Pool Workout. Practice 3:00 - 5:15. Varsity has Normal Practice	4/18/2024 Varsity @ Osseo Invite 3:00pm. Bus leaves at 1:30pm	4/19/2024 Practice 3:00 - 5:15	4/20/2024 Sprint Practice: 9:00-11:00am. Distance 8:00am (Optional)
4/21/2024	4/22/2024 Practice 3:00 - 5:15	4/23/2024 Coon Rapids/Blaine at ER. 3:45pm	4/24/2024 Sprint Pool Workout. Practice 3:00 - 5:15	4/25/2024 Practice 3:00 - 5:15. Evening of the Arts	4/26/2024 Practice 3:00 - 5:15 Hamline Elite Meet Must Qualify	4/27/2024 Varsity: White Bear Lake Invite 10:00 am Bus Leaves @ 8:00 am
4/28/2024	4/29/2024 Practice 3:00 - 5:15	4/30/2024 JV at Anoka 3:45pm. Bus leaves at 2:30pm	5/1/2024 Osseo 9th/10th 3:30pm. Bus leaves at 2:20pm. Pool for everyone else.	5/2/2024 Practice 3:00 - 5:15	5/3/2024 Practice 3:00 - 5:15	5/4/2024 Practice: 9:00-11:00am. Distance 8:00am (Optional)

Elk River Track & Field: MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4/28/2024	4/29/2024 Practice 3:00 - 5:15	4/30/2024 JV at Anoka 3:45pm. Bus leaves at 2:30pm	5/1/2024 Osseo 9th/10th 3:30pm. Bus leaves at 2:20pm. Pool for everyone else.	5/2/2024 Practice 3:00 - 5:15	5/3/2024 Practice 3:00 - 5:15	5/4/2024 Practice: 9:00-11:00am. Distance 8:00am (Optional)
5/5/2024	5/6/2024 Practice 3:00 - 5:15	5/7/2024 True Team at Elk River 3:45pm Girls PV and HJ at 12:00pm	5/8/2024 Varsity Sprint Pool Workout. Practice 3:00 - 5:15	5/9/2024 JV TT Meet at Anoka. 3:45pm Bus leaves at 2:30pm	5/10/2024 Practice 3:00 - 5:15	5/11/2024 Prom-No Sprint or Distance Practice
5/12/2024	5/13/2024 Practice 3:00 - 5:15	5/14/2024 ER at Champlin Park 3:45pm. Bus leaves at 2:30pm	5/15/2024 Practice 3:00 - 5:15	5/16/2024 JV Conf Meet at ER 4:00pm. Varsity practice at 2:30pm	5/17/2024 Practice 3:00 - 5:15	5/18/2024 No Sprint or Distance practice
5/19/2024	5/20/2024 Letter and uniform turn in for JV. Practice 3:00 - 5:15	5/21/2024 NWS Conference Meet at Elk River 3:00 pm	5/22/2024 Practice 3:00 - 5:15	5/23/2024 NWS Conference Meet at Elk River 3:00 PM	5/24/2024 Practice 3:00 - 5:15	5/25/2024 No Sprint or Distance Practice
5/26/2024	5/27/2024 Memorial Day: Practice 6:00 - 7:30 PM	5/28/2024 Practice 3:00 - 5:15	5/29/2024 Section 8AAA at Sartell. 3:00pm Bus leaves at 1:00pm	5/30/2024 Practice 3:00 - 5:15	5/31/2024 Practice 3:00 - 5:15	6/1/2024 Section 8AAA at STMA 11:00am start. Bus leaves at 9:00am

Elk River Track & Field: June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5/26/2024	5/27/2024 Memorial Day: Practice 6:00 - 7:30 PM	5/28/2024 Practice 3:00 - 5:15	5/29/2024 Section 8AAA at Sartell. 3:00pm Bus leaves at 1:00pm	5/30/2024 Practice 3:00 - 5:15	5/31/2024 Practice 3:00 - 5:15	6/1/2024 Section 8AAA at STMA 11:00am start. Bus leaves at 9:00am
6/2/2024	6/3/2024 Lettering Form and Uniform turn in for Varsity.	6/4/2024 Practice 3:00 - 5:15	6/5/2024 Practice 3:00 - 5:15 Last day of school.	6/6/2024 MSHSL State Meet at STMA. Graduation.	6/7/2024 Practice TBD	6/8/2024 MSHSL State Meet at STMA
6/9/2024 Track and Field Banquet ERHS Commons Food @6:00 Awards @7:00	6/10/2024 Youth Track Practice 6:00 - 7:30 PM	6/11/2024 Youth Track Practice 6:00 - 7:30 PM	6/12/2024 Youth Track Meet at St. Francis 6:30 pm	6/13/2024	6/14/2024	6/15/2024
6/16/2024	6/17/2024 Youth Track Practice 6:00 - 7:30 PM	6/18/2024 Youth Track Meet at Princeton 6:30pm	6/19/2024	6/20/2024	6/21/2024	6/22/2024
6/23/2024	6/24/2024	6/25/2024 Youth Track Practice 6:00 - 7:30 PM	6/26/2024 Youth Track Meet at Elk River 5:30 pm	6/27/2024	6/28/2024	6/29/2024