

2006 TECH TRACK AND FIELD

MON	TUE	WED	THU	FRI	SAT
13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
PRACTICE BEGINS AT 4:30pm!! SPRINTS@5:10	PRACTICE AT 4:45@SCSU SPRINTS@5:10	PRACTICE AT 4:45 SPRINTS@5:10	PRACTICE AT 4:45 SPRINTS@5:10	PRACTICE AT 4:45 SPRINTS@5:10	
BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	
20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
PRACTICE AT 3:30 LONG JUMP HURDLES	PRACTICE AT 3:30 TRIPLEJUMP HIGH JUMP	PRACTICE AT 3:30 LONG JUMP HURDLES	PRACTICE AT 3:30 TRIPLEJUMP HIGH JUMP	PRACTICE AT 3:30 PRE-MEET	HUSKY CLASSIC STARTS AT 9:00am
BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	MEET AT SCSU FIELD HOUSE no later than 8:15am
27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
PRACTICE AT 4:45 LONG JUMP HURDLES	PRACTICE AT 4:45 TRIPLEJUMP HIGH JUMP	PRACTICE AT 4:45 LONG JUMP HURDLES	PRACTICE AT 4:45 TRIPLEJUMP HIGH JUMP	PRACTICE AT 4:45 PRE-MEET	INDOOR CLC STARTS AT 2:00
BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	MEET AT THE SCSU FIELD HOUSE NO LATER THAN
3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr
LISTEN TO ANNOUNCEMENTS FOR PRACTICE TIMES THIS WEEK!!	LISTEN TO ANNOUNCEMENTS FOR PRACTICE TIMES THIS WEEK!!	LISTEN TO ANNOUNCEMENTS FOR PRACTICE TIMES THIS WEEK!!	LISTEN TO ANNOUNCEMENTS FOR PRACTICE TIMES THIS WEEK!!	LISTEN TO ANNOUNCEMENTS FOR PRACTICE TIMES THIS WEEK!!	Mon-LJ, HurdlesTue-TJ, HJ, Wed-LJ, Hurdles, Thur-TJ, HJ, Fri-LJ, Hurdles
BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	
10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr
PRACTICE AT 3:30 PRE-MEET	MEET @ ROCORI AT 4:00	PRACTICE AT 3:30 TRIPLEJUMP HIGH JUMP	PRACTICE AT 3:30 LONG JUMP HURDLES	NO SCHOOL/ NO PRACTICE	
BOYS IN 41 GIRLS IN HEALTH ROOM	GET OUT OF CLASS @ 2:30 BOARD BUS @ 2:40	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	CHECK WITH EVENT COACH FOR WORKOUT	
17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr
NO SCHOOL/ NO PRACTICE	PRACTICE AT 3:30 TRIPLEJUMP HIGH JUMP	PRACTICE AT 3:30 LONG JUMP HURDLES	PRACTICE AT 3:30 PRE-MEET	MEET @ APOLLO AT 4:00	
CHECK WITH EVENT COACH FOR WORKOUT	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	BOYS IN 41 GIRLS IN HEALTH ROOM	Out at 2:45 at Apollo's track by 3:00	

24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr
PRACTICE AT 3:30 PRE-MEET	MEET @ HOME 4:00	PRACTICE AT 3:30 PRE-MEET	MONTICELLO INVITE AT 3:30	PRACTICE AT 3:30 TRIPLEJUMP HIGH JUMP	
<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	
1-May	2-May	3-May	4-May	5-May	6-May
PRACTICE AT 3:30 LONG JUMP HURDLES	PRACTICE AT 3:30 TRIPLEJUMP HIGH JUMP	PRACTICE AT 3:30 LONG JUMP HURDLES	PRACTICE AT 3:30 TRIPLEJUMP HIGH JUMP	VARSITY PRACTICE AT 3:30 MEET IN HEALTH ROOM Pre-meet	MEGA MEET AT SAUK RAPIDS (old high school) 9:00
<i>CHECK WITH EVENT COACH FOR WORKOUT</i>	<i>CHECK WITH EVENT COACH FOR WORKOUT</i>	<i>CHECK WITH EVENT COACH FOR WORKOUT</i>	<i>CHECK WITH EVENT COACH FOR WORKOUT</i>	<i>JV MEGA MEET AT SARTELL-OUT AT 3:00, ON BUS BY 3:10</i>	<i>MEET AT THE SAUK RAPIDS TRACK BY 8:00am</i>
8-May	9-May	10-May	11-May	12-May	13-May
PRACTICE AT 3:30 PRE-MEET	TRUE TEAM @ MOORHEAD (meet starts at 3:00)	PRACTICE AT 3:30 LONG JUMP HURDLES	PRACTICE AT 3:30 TRIPLEJUMP HIGH JUMP	PRACTICE AT 3:30 LONG JUMP HURDLES	
<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>OUT AT 10:00, BOARD BUS BY 10:10</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	
15-May	16-May	17-May	18-May	19-May	20-May
PRACTICE AT 3:30 PRE-MEET	CLC CHAMPIONSHIPS @ Apollo 3:00PM	PRACTICE AT 3:30 TRIPLEJUMP HIGH JUMP	PRACTICE AT 3:30 LONG JUMP HURDLES	VARSITY PRACTICE AT 3:30 MEET IN HEALTH ROOM	PRACTICE AT 3:30 TRIPLEJUMP HIGH JUMP
<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>OUT AT 1:45 - TO TRACK BY 2:00</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>JV CLC MEET AT ROCORI - OUT AT 3:00, BOARD BUS BY 3:10</i>	
22-May	23-May	24-May	25-May	26-May	27-May
PRACTICE AT 3:30 LONG JUMP HURDLES	PRACTICE AT 3:30 TRIPLEJUMP HIGH JUMP	PRACTICE AT 3:30 PRE-MEET	SUB-SECTIONS AT SAUK RAPIDS 1:00	Uniform turn-in after school to Ray for anyone not advancing!!	
<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>OUT AT 11:30, BUS LEAVES AT 11:40</i>	<i>Advancing athletes go to HEALTH ROOM at 3:30 or Room</i>	
29-May	30-May	31-May	1-Jun	2-Jun	3-Jun
NO SCHOOL/ NO PRACTICE	PRACTICE AT 3:30 LONG JUMP HURDLES	PRACTICE AT 3:30 TRIPLEJUMP HIGH JUMP	PRACTICE AT 3:30 LONG JUMP HURDLES	PRACTICE AT 3:30 PRE-MEET	SECTIONS @ ALEXANDRIA MEET STARTS AT 11:00
<i>CHECK WITH EVENT COACH FOR WORKOUT</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>Bus leaves Tech at 8:30am</i>
5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun
PRACTICE AT 3:30 TRIPLEJUMP HIGH JUMP	PRACTICE AT 3:30 LONG JUMP HURDLES	PRACTICE AT 3:30 TRIPLEJUMP HIGH JUMP	PRACTICE AT 3:30 PRE-MEET	STATE here we MEET, come!!	
<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>	<i>BOYS IN 41 GIRLS IN HEALTH ROOM</i>		