



2014 SPARTAN Track & Field



<u>Date</u>	<u>Event</u>	<u>Bus Depart</u>
3/10 (Monday)	First Practice 3:25-5:00pm – Meet in Gym	
3/17 (Monday)	Parent/Athlete Meeting 6:30pm @ Auditorium	
3/31- 4/4	Spring Break Practices - Practice Time TBD	
4/17 (Thursday)	Girls @ Owatonna w/ -	2:25pm
	Boys @ Mankato East w/ -	2:00pm
4/22 (Tuesday)	Girls @ Mayo w/ -	4:30 start -
	Boys @ Winona w/ -	2:35pm
4/26 (Saturday)	Austin Invite (Varsity Only) @ Wescott Sports Complex -	7:50am
4/29 (Tuesday)	Girls @ Mankato West w/ -	2:00pm
	Boys @ Faribault w/ -	2:20pm
5/3 (Saturday)	Mayo Invitational @ Mayo H.S. –	9am start
5/6 (Tuesday)	Section 1AAA True Team (Varsity Only) @ Lakeville North H.S. -	12:35
5/8 (Thursday)	All City J.V. (JV Only) @ Century –	4:30 start No Bus
5/13 (Tuesday)	All City Varsity @ JM - Tentative	4:30 start No Bus
Team Needs to qualify 5/16	State True Team Meet @ Stillwater – Varsity team needs to qualify	
5/19 (Monday)	JV Last Chance Meet (J.V. Only) @ Winona Paul Giel Field -	2:00pm
5/20 (Tuesday)	End of Season Banquet @ Mayo H.S. Auditorium -	5:30pm start
5/23 (Friday)	Varsity Big 9 Conference @ Austin -	10:30start 8:30am
5/29th (Thursday)	Section 1AA Meet Day 1 (varsity only) @ Lakeville South H.S. -	10:15am
5/31st (Saturday)	Section 1AA Meet Day 2 (varsity only) @ Lakeville South H.S. -	8:20am
Fri/Sat. June 6th & 7th	State Meet (qualify as an individual or relay at Section Meet) @ Hamline College	

Meet Length – (Approximate time schedules are always provided on team webpage for each meet)
 Triangular/Quadrangular ~ 2 ½ hours Varsity Championship Meets/Invites ~ 4-6 hours

Girls Site: www.mayospartans.org/page/show/867485-girls-track-2014-
 Boys Site: <http://www.mayospartans.org/page/show/867487-boys-track-2014->

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Mayo Track & Field

- Registration is online at www.mayospartans.org or in the Activities Office.
- Daily Practices (Monday – Friday) are scheduled 3:20-5pm (may be shorter)
- *Notify coach of schedule conflict ahead of time.*
- To be able to participate you must
 1. Be in grades 7-12th
 2. Turn in a physical form or have one on file at the Mayo Activities Office
 3. Registration completed the Mayo Activities Office
(If you need assistance with payment please let a coach or the activities office know)
- What you need for practice *(if you don't have something we can help provide it for you):*
 1. Active clothes for hot & cold weather everyday
 2. Athletic Shoes
 3. Your own lock if you are planning on using a locker in the athletic locker room.
- If you don't know what events you would like to participate in the coaches will help you understand the events more and choose those that interest you and your abilities.
 - * Jumping Events – Long Jump, Triple Jump, High Jump, & Pole Vault
 - * Throwing Events – Shot Put & Discus
 - * Sprinting Events – 100, 200, & 400
 - * Distance Events – 800, 1600, & 3200
 - * Hurdle Events – 100 & 300
 - * Relays – 4x100, 4x200, 4x400, 4x800
- Middle School students can take activity bus to Mayo after school (contact Middle School for bus info.)
- Our expectations are that everyone will respect each other, have a positive attitude and work hard to improve. We don't make any cuts and everyone is able to compete. Varsity & JV go to almost all of the same meets but compete against other Varsity or JV athletes.
- Check team webpage for additional information and links:

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Any other Questions please Contact:

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