



2020 SPARTAN Track & Field



<u>Date</u>	<u>Event</u>	<u>Bus Depart</u>
3/9 (Monday)	HS First Practice 3:15-5:00pm – Meet in Gym	
3/10 (Tuesday)	MS First Practice 3:15-5:00pm – Meet in Gym	
3/10 (Tuesday)	Fundraiser kickoff (cafeteria)	3:30pm
3/17 (Tuesday)	Parent/Athlete Meeting	5:15pm @ Mayo South Gym
3/18 (Wednesday)	Cookie Orders Due	
3/31+ 4/2	Spring Break Practices - Practice Time Normal (Tue/Thurs)	
4/14 (Tuesday)	Girls @ Winona	4:30pm start 2:15pm
	Boys @ Red Wing	4:30pm start 2:00pm
4/14 (Tuesday)	Boys/Girls @ KM MS Meet	4:00pm start 2:15pm
4/17 (Friday)	Austin Invite (Varsity Only) @ Wescott Sports Complex -	4:00pm start 2:00pm
4/20 (Monday)	Middle School @ D-E	4:30pm 3:15p
4/21 (Tuesday)	Girls @ Home	4:30pm start
	Boys @ Faribault	4:30pm start 2:00pm
4/22 (Wednesday)	Cookie Dough Delivery	5pm
4/24 (Friday)	Hamline Elite Meet *Must Qualify	TBD
4/28 (Tuesday)	Girls @ West	4:30pm start 2:00pm
	Boys @ Home	4:30pm start
4/30 (Thursday)	Mayo Invitational @ Mayo H.S. –	4pm start
5/5 (Tuesday)	Section 1AAA True Team (Varsity Only) @ Lakeville South	1:30pm 11:15
5/7 (Thursday)	D-E Middle School Meet	4:30pm 3:15pm
5/9 (Saturday)	Arrowhead Qualifier	TBA
5/12 (Tuesday)	Boys @ Mayo	4:30pm start
	Girls @ Austin	4:30pm start 2:30pm
5/13 (Wednesday)	Track Team Pictures	3:30pm
5/14 (Thursday)	All City JV/Varsity @ Century HS	3:30pm
5/18 (Monday)	JV Last Chance Meet @ Mayo	4pm start
5/21 (Thursday)	Varsity Big 9 Conference @ JM -	10:30am start
5/22 (Friday)	MS Elite Meet @ KM	5:00pm 3:30pm
5/27 (Wednesday)	End of Season Banquet @ Willow Cafe'	5:30pm
5/28 (Thursday)	Section 1AA Meet Day 1 (varsity only) @ Lakeville South H.S. -	10:00am
5/30 (Saturday)	Section 1AA Meet Day 2 (varsity only) @ Lakeville South H.S. -	8:15am
Fri/Sat. June 5th & 6th	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

Mayo Track & Field

- Registration is February 17th through February 29th online through the athletic dept
- Daily Practices (Monday – Friday) are scheduled 3:15-5:30pm
Middle School Practices Tues-Fri 2:50-4:30pm
- 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. Fill out online registration.
(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:

Girls Site: <http://www.mayospartans.org/page/show/1930394-girls-track-2017->

Boys Site: <http://www.mayospartans.org/page/show/1930439-boys-track-2017->



@CoachJSmiles and @MAYOTRACK

Any other Questions please Contact:

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