



**HONEYBEE & JACKET
TRACK WEEKLY SCHEDULE
February 11-15, 2019**



****MANDATORY TRY OUT WEEK STARTING TUESDAY****

Athletes must attend this week if they would like to “try out” for an event. If you are wanting to try more than one event, then you will need to split your time between the two events. If you have a conflict, then it is your responsibility to talk to the coaches and get permission to attend the following week. **Only three athletes qualify per event per track meet.** Athletes will be timed and measured on a weekly basis for each track meet.

Monday, February 11, 2019

6:15am 7th & 8th Boys running and distance girls
High Jump-Girls 3:45-5:30
Shot Put-Girls 3:45-5:30
Triple Jump- Boys 3:45-5:30
~~Hurdles-Girls 4:00-4:45/Boys 4:45-5:30~~
7th/8th Grade girls will run during class

Tuesday, February 12, 2019

***** TRYOUT WEEK*****

6:15am 7th & 8th Boys running and distance girls
High Jump-Girls 4:00-4:45/Boys 4:45-5:30
Pole Vault-Boys 4:00-4:45/Girls 4:45-5:30
Triple Jump-Girls 4:00-4:45/Boys 4:45-5:30
Long Jump-Boys 4:00-4:45/Girls 4:45-5:30
*Shot Put-Boys 6:15-7:15am/Girls 4:00-5:30
*Discus-Boys 6:15-7:15am/Girls 4:00-5:30
Athletes will begin warm-ups at 3:45pm and field events will start at 4:00pm

Wednesday, February 13, 2019

***** TRYOUT WEEK*****

6:15am 7th & 8th Boys running and distance girls
High Jump-Girls 4:00-4:45/Boys 4:45-5:30
Pole Vault-Boys 4:00-4:45/Girls 4:45-5:30
Triple Jump-Girls 4:00-4:45/Boys 4:45-5:30
Long Jump-Boys 4:00-4:45/Girls 4:45-5:30
*Shot Put-Boys 6:15-7:15am/Girls 4:00-5:30
*Discus-Boys 6:15-7:15am/Girls 4:00-5:30
Hurdles-Girls 4:00-4:45/Boys 4:45-5:30
Athletes will begin warm-ups at 3:45pm and field events will start at 4:00pm
Girls relay handoffs till 5:30pm

Thursday, February 14, 2019

STEPHENVILLE RUNNING ONLY MEET-4:00pm

All athletes will run if eligible

Friday, February 15, 2019

NO TRACK PRACTICE

7th/8th Grade girls will run during class

LOCKER ROOM

Locker room will be open at 6:00am for all distance runners and boys' running track. The only door that will be unlocked is the weight room door on the boys side.

INCLEMENT WEATHER

Due to inclement weather, before/after school events may be moved into the school or cancelled. Athletes will contact parents if there is a change. Please make sure you have the Rank One App and receive messages.

TRACK SHOES

Athletes need good running shoes for track. Spikes are not needed until you know what events you will be competing in during a meet.

STRETCHING

Athletes should spend time at night stretching their muscles. This will help with strains and sprains during the track season. If an injury occurs, then athletes are encouraged to see our athletic trainer before school at 7:00am or immediately after school. Parent notes are not accepted for injuries.

TRACK MEET SCHEDULE

Thursday, February 14-Stephenville (running only)

Thursday, February 21-Joshua Nichols

Thursday, February 28-Joshua Nichols

Tuesday, March 5-Bridgeport

Thursday, March 21-Stephenville

Monday/Tuesday March 25-26-Zone 2-Stephenville

Monday/Tuesday-April 1-2-Burleson

Quad-County District Meet (top 4 places from Zone 1/2)