

# Southridge Track and Field

## Schedule & Important Dates for 2008 Season

### January

Mon. 1/14

Coaches Initial Meeting

- Updates for Notebooks
- Field Progress
- Equipment Requests & special needs

Thur. 1/31

Skytime informational meeting for athletes - upper gym

### February

Wed. 2/6

Pre-season coaches meeting - Equipment requests due

Tue. 2/12

Parent/Athlete Team meeting - Mandatory - 7:00pm - All paperwork due.

Wed. 2/13

Pre-season coaches meeting

Tues. 2/19

First day of practice. - Practice from 3:00-5:30\*

\*Practice schedule for season: Monday - Friday  
3:00-5:30 p.m. (unless otherwise noted)

Fri. 2/22

Super Stars Competition

### March

\*\*Winter sport athletes have one week from the date of their last contest to turn out\*\*

Mon. 3/3

**Spike Night - Portland Running Company 5-9pm**

Fri. 3/7

Gear check out after practice.

Wed. 3/12

Final Exams - Practice 12-3pm - Pictures @ 12pm

Thurs. 3/13

Final Exams - Practice 12-2pm - Ret. Varsity Meeting @ 2pm

Fri. 3/14

**No School - Jog-a-thon/Spaghetti lunch fundraiser  
10:00am**

Captains named

Week of 3/17

**Pre-season Meet**

Fri. 3/21

Last day to turn in jog-a-thon pledges

Week 3/24

Spring Break: Workouts will be given out by each event coach.

Mon. 3/31

Jog-a-thon prizes awarded

## **April**

Thur. 4/3

**Sunset**

Fri. 4/4

**Laker Invitational**

Wed. 4/09

**@ Aloha**

Wed. 4/16

**@ Westview**

Sat. 4/19

**@ Aloha Relays**

Wed. 4/30

**Beaverton**

## **May**

Wed. 5/7

**Jesuit**

Fri. 5/9

**JV Districts @ Southridge - Turn in Gear**

Wed. 5/14

**District Meet @ Jesuit**

Fri. 5/16

**District Meet @ Jesuit**

Thurs. 5/22

**State Meet @ UofO**

Fri. 5/23

**State Meet @ UofO**

Sat. 5/24

**State Meet @ UofO**

Tues. 5/27

**Season Ending Banquet 6:30pm - Fish Bowl**