

Southridge Track and Field

Schedule & Important Dates for 2009 Season

February

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| Tue. 2/10 | Skytime informational meeting for athletes - upper gym |
| Thurs. 2/19 | Pre-season coaches dinner meeting 5-7pm |
| Thurs. 2/19 | Parent/Athlete Team meeting - Mandatory - 7:30pm - All paperwork due. |
| Mon. 2/23 | 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. 2/27 | Super Stars Competition |

March

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| | **Winter sport athletes have one week from the date of their last contest to turn out** |
| Tue. 3/3 | Spike Night - Portland Running Company 5:30-9pm |
| Thurs 3/5 | JV Team Meeting 3:00pm Fishbowl |
| Tues. 3/10 | Returning varsity and senior team meeting 3:00pm Fishbowl |
| Wed. 3/11 | Gear check out after practice returning varsity and seniors |
| Thurs. 3/12 | Gear check out after practice |
| Fri. 3/13 | Team pictures and poster - Jog-a-thon Fundraiser - 4:30-5:30pm - Captains will be named. |
| Wed. 3/18 | Gresham @ Southridge - Pre-season |
| Fri. 3/20 | Last day to turn in jog-a-thon pledges for prizes |
| Mon-Fri 3/23-27 | Spring Break: Workouts will be given out by each event coach. |
| Mon. 3/30 | Fundraising prizes awarded |

April

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| Thur. 4/2 | Beaverton |
| Fri. 4/3 | Laker Invitational |

Wed. 4/08 @ Sunset
Wed. 4/15 @ Aloha
Sat. 4/18 @ Aloha Relays
Fri/Sat 4/24-25 @ Oregon Relays UofO
Wed. 4/29 Jesuit

May

Wed. 5/6 Westview
Fri. 5/8 JV Districts @ Aloha
Mon. 5/11 JV Meeting - 3:00pm Fishbowl - Turn in washed Gear
Wed. 5/13 District Meet @ Aloha
Fri. 5/15 District Meet @ Aloha
Mon. 5/18 Turn in washed gear to Coach Rife - Girls Locker Room
Fri. 5/22 State Meet @ UofO
Sat. 5/23 State Meet @ UofO
Thurs. 5/28 Season Ending Banquet 7:00pm - Fish Bowl