

Track and Field Schedule 2024

Practices are done by 4 pm.

Key for Workout days: **F-Field Event Athletes** **S-Sprinters** **D- Distance Runners**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/17	3/18 Make sure paper work is Turned in to the School Office	3/19	3/20	3/21	3/22	3/23
3/24	3/25 START DATE! 3:10 to 4:00 Conditioning	3/26 3:10 to 4:00 Conditioning	3/27 <i>No practice</i>	3/28 3:10 to 4:00 Conditioning	3/29 No School Good Friday <i>No practice</i>	3/30 Spring Break Follow suggested workout plans
3/31 Spring Break	4/1 Spring Break	4/2 Spring Break	4/3 Spring Break	4/4 Spring Break	4/5 Spring Break	4/6 Spring Break
4/7 Easter	4/8 S, F, D 3:10 – 4:00	4/9 S, F, D 3:10 – 4:00	4/10 <i>No practice</i>	4/11 S, F, D 3:10 – 4:00	4/12 D- 3:10 to 4:00	4/13
4/14	4/15 S, F, D 3:10 – 4:00	4/16 S, F, D 3:10 – 4:00	4/17 <i>No practice</i>	4/18 S, F, D 3:10 – 4:00	4/19 No School (Fine Arts Festival) <i>No practice</i>	4/20
4/21	4/22 S, F, D 3:10 – 4:00	4/23 S, F, D 3:10 – 4:00	4/24 <i>No practice</i>	4/25 S, F, D 3:10 – 4:00 Last practice 3+4	4/26 D- 3:10 to 4:00	4/27 Conference @Christian Liberty (AH)
4/28	4/29 S, F, D 3:10 – 4:00	4/30 S, F, D 3:10 – 4:00	5/1 <i>No practice</i>	5/2 S, F, D 3:10 – 4:00	5/3	5/4 St. John Invitational @ Glen. E.
5/5	5/6 S, F, D 3:10 – 4:00 Last practice	5/7 Invitational @ Concordia (During School)	5/8 <i>No practice</i>	5/9 S, F, D 3:10 – 4:00 for State Qualifiers	5/10 D- 3:10 to 4:00 for State Qualifiers	5/11
5/12	5/13 Practice for State Qualifiers 3:10 – 4:00	5/14 Practice for State Qualifiers 3:10 – 4:00	5/15 <i>No practice</i>	5/16 Practice for State Qualifiers 3:10 – 4:00	5/17	5/18 STATE MEET Prelims @Concordia
5/19 STATE MEET Finals	5/20	5/21	5/22 <i>No practice</i>	5/23	5/24	5/25
5/26	5/27 No School Memorial Day	5/28	5/29	5/30 Graduation	5/31	6/1

Saturday, April 27 Conference Meet: This is the only meet where 3rd and 4th graders compete.

Christian Liberty in Arlington Heights hosts. 3/4 Grades compete in the morning, 5/6, 7/8 are in the afternoon.

Saturday, May 4 Meet: This is a big invitational at Glenbard East High School, hosted by St. John's Lombard.

Tuesday, May 7 Meet: We host the Grace Invitational. Smaller Lutheran schools attend. Please come and help!

Saturday, May 18 State Meet Prelims: Athletes who meet the State qualifying standards compete at Concordia U.

Sunday, May 19 State Meet Finals: Athletes who advance from prelims on Saturday compete in finals.

Picture Day TBA