

Track and Field Schedule 2025

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
3/16	3/17 Make sure all paperwork is turned in.	3/18 for all- 3:10 to 4:00 Parent Athlete Meeting at 4!	3/19 <i>No practice</i>	3/20 for all- 3:10 to 4:00 Conditioning	3/21 <i>No practice</i>	3/22 Spring Break Follow suggested workout plans
3/23 Spring Break	3/24 Spring Break	3/25 Spring Break	3/26 Spring Break	3/27 Spring Break	3/28 Spring Break	3/29 Spring Break
3/30	3/31 S, F, D 3:10 – 4:00	4/1 S, F, D 3:10 – 4:00	4/2 <i>No practice</i>	4/3 S, F, D 3:10 – 4:00	4/4 D- 3:10 to 4:00	4/5
4/6	4/7 S, F, D 3:10 – 4:00	4/8 S, F, D 3:10 – 4:00	4/9 <i>No practice</i>	4/10 S, F, D 3:10 – 4:00	4/11 No School (Fine Arts Festival) <i>No practice</i>	4/12
4/13	4/14 S, F, D 3:10 – 4:00	4/15 S, F, D 3:10 – 4:00	4/16 <i>No practice</i>	4/17 S, F, D 3:10 – 4:00	4/18 No School Good Friday <i>No practice</i>	4/19
4/20 Easter	4/21 No School Easter Monday	4/22 S, F, D 3:10 – 4:00	4/23 <i>No practice</i>	4/24 S, F, D 3:10 – 4:00 Last practice 3+4	4/25 D- 3:10 to 4:00	4/26 Conference @Christian Liberty (AH)
4/27	4/28 S, F, D 3:10 – 4:00	4/29 S, F, D 3:10 – 4:00	4/30 <i>No practice</i>	5/1 S, F, D 3:10 – 4:00	5/2	5/3 St. John Invitational @ Glen. E.
5/4	5/5 S, F, D 3:10 – 4:00 Last practice	5/6 S, F, D 3:10 – 4:00	5/7 <i>No practice</i>	5/8 Invitational @ Concordia (During School)	5/9 (Rain date) D- 3:10 to 4:00 Practice for D State Qualifiers	5/10
5/11	5/12 Practice for all State Qualifiers 3:10 – 4:00	5/13 Practice for all State Qualifiers 3:10 – 4:00	5/14 <i>No practice</i>	5/15 Practice for all State Qualifiers 3:10 – 4:00	5/16 <i>No practice</i>	5/17 STATE MEET Prelims
5/18 STATE MEET Finals	5/19	5/20	5/21	5/22	5/23	
5/25	5/26 No School Memorial Day	5/27	5/28 Graduation 6:00 pm	5/29	5/30 Last day of school- 3 pm	5/31

Saturday, April 26 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 3 Meet: This is a big invitational at Glenbard East High School, hosted by St. John's Lombard.

Thursday, May 8 Meet: We host the Grace Invitational. Smaller Lutheran schools attend. Please come and help!

Saturday, May 17 State Meet Prelims: Athletes who meet the State qualifying standards compete at Concordia U.

Sunday, May 18 State Meet Finals: Athletes who advance from prelims on Saturday compete in finals.