

# Track and Field Schedule 2026

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

Saturday, April 25 Conference Meet: This is the only meet where 3<sup>rd</sup> and 4<sup>th</sup> 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 2 Meet: This is a big invitational at Willowbrook High School, hosted by St. John's Lombard.

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

Saturday, May 16 State Meet Prelims: Athletes who meet the State qualifying standards compete at Concordia U.

Sunday, May 17 State Meet Finals: Athletes who advance from prelims on Saturday compete in finals.

## Pick Up Locations

\*Our first two practices will take place on the **Grace School** campus. Pick up at Grace main doors.

\*March 31- April 25: pick up at **Priory Park**.

\*April 28- end of season: pick up at **Concordia University**, driveway entrance off of Monroe at the track.

\*\*\* Coaches will escort any athletes attending after school care back to Grace School.