

Falmouth Middle School

Track and Field 2023

- We will meet **at the track for Practice**. Be prepared to run- running shoes, water bottle, and weather appropriate attire(shorts, long sleeve shirts, hat, gloves etc.).
- **Practices are 2:35-3:45 everyday after school except Fridays or early release days.** Kids may take the late buses home or get picked up by an adult.
- The meets start at 3:30. Hopefully, a bus will take us to the meets. Parents, you may come watch and pick up your child at meet's end, or your child can take the bus home with us after the meet where they will need to be picked up at Falmouth Middle School behind the school. A meet is usually somewhere between 2-3 hours.
- I will send an event schedule.
- Our HOME Meets are May 11th and 23rd.
- **DO YOUR BEST** everyday!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4/9	4/10 Optional Practice!	4/11 Optional Practice!	4/12 Optional Practice!	4/13 Optional Practice!	4/14 No School! NO Practice!	4/15
4/16	4/17 No	4/18 School!	4/19 Spring	4/20 Break!	4/21 RUN!	4/22
4/23	4/24 First official Practice!	4/25 Practice	4/26 Early Release- No Practice!	4/27 Practice	4/28 1st Meet Windham High School 3:30	4/29
4/30	5/1 Practice	5/2 Practice	5/3 Track Meet Westbrook High School 3:30	5/4 Practice	5/5 No Practice	5/6
5/7	5/8 Practice	5/9 Practice	5/10 Practice	5/11 Home Track Meet!! 3:30	5/12 No Practice	5/13

5/14	5/15 Practice	5/16 Practice	5/17 Practice	5/18 Track Meet Gorham High School 3:30	5/19 No Practice	5/20
5/21	5/22 Practice	5/23 Home Track Meet! 3:30	5/24 Early Release- No Practice	5/25 Last Practice! <i>END OF SEASON Celebration!</i>	5/26	5/27