

2024 Martin Murphy Track Information Sheet

(last updated 3/25 7:36pm)

Practices: Monday, Tuesdays and Thursdays(unless the meet is on Thursday) 3:30 to 4:45pm each day

- First day of practice (March 22) meet @ iCenter
- All others day meet at the bleachers by the track for warm ups
- **NO BUSES THIS YEAR**

Important Dates and Times:

- ~~March 22th (Friday) - Track Signups~~
 - ~~Meet at iCenter for signups, no practice, just signups~~
- ~~March 25th - First day of practice (meet at bleachers)~~
- March 28th (Thursday) - Practice with Britton @ Ann Sobrato High
 - Arrive at Sobrato @ 4:05pm for warm ups, practice from 4:15 pm to 6pm
 - **100M Time Trials (qualifier for 100M and 4x100M teams)**
 - Limited events: 100m, 4x100, triple jump, long jump, and shot put
 - No high jump, discuss, 800, 1600, or 4x400
- April 1st, 2nd, and 4th no practice, Spring Break
- April 8th - **MANDATORY** Practice Attendance - Track Exponents
- April 11th (Thursday) - Track Meet @ Sobrato (Confirmed)
 - Britton Hosting - All Events Available
 - Release Time 2:24 pm
 - Start TBD
- April 17th (Wednesday) - Track Meet @ Valley Christian (Confirmed)
 - All Events Available
 - 2:24 pm Release time
 - 4:00 pm Start
- April 18th (Thursday) - NO PRACTICE
- April 25th (Thursday) - Track Meet @ Ann Sobrato High (Confirmed)
 - Hosted by **Martin Murphy** - All Events Available
 - **Will need parent volunteers**
 - 2:24pm Release time
 - 3:30pm Start
- **May 1st (Wednesday) - Track Meet @ Gilroy High School (updated)**
 - All Events Available
 - 2:24pm Release time
 - 3:30pm Start
- May 2nd (Thursday) - NO PRACTICE
- May 16th (Thursday) - Divisions Meet @ Christopher High School
 - Need to Qualify for Entry
 - 2:24pm Release Time
 - 3:30pm Start
- May 23rd (Thursday) - Sections Meet @ Mt. Pleasant High School
 - Need to Qualify for Entry
 - 2:24pm Release Time
 - 3:30pm Start