

## Falmouth Middle School Track and Field 2024

- We will meet **at the outdoor 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.** Your athletes may take the late buses home or get picked up by an adult.
- The meets start at 3:30/3:45. 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. Athletes will need to be picked up at Falmouth Middle School behind the school. An outdoor track meet will last between 2-3 hours.
- I will send an event schedule when I receive one and the meet results will be on milesplit.
- Our HOME Meets are May 3rd and 16th.
- We ask our athletes to [GIVE THEIR BEST](#) everyday! GO NAVIGATORS!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4/7	4/8 <b>Happy Ecclipse Day!</b>  <b>No practice!</b>	4/9  <b>Practice!</b>	4/10  <b>Practice!</b>	4/11  <b>No Practice!</b>	4/12  <b>No School! NO Practice!</b>	4/13
4/14	4/15 <b>No</b>	4/16 <b>School!</b>	4/17 <b>Spring</b>	4/18 <b>Break!</b>	4/19 <b>RUN!</b>	4/20
4/21	4/22  <b>Practice</b>  <b>Long jump</b>	4/23  <b>Practice</b>  <b>Long jump</b>	4/24  <b>Early Release- No Practice!</b>	4/25  <b>#1 Track Meet @ Scarborough High School 3:45</b>	4/26  <b>No Practice</b>	4/27
4/28	4/29  <b>Practice</b>  <b>Long jump</b>	4/30  <b>Practice</b>  <b>Long jump</b>	5/1  <b>Practice</b>	5/2  <b>Practice</b>	5/3  <b>#2 Home Track Meet! 3:30</b>	5/4

5/5	5/6 <b>Practice</b>  Long jump	5/7 <b>Practice</b>  Long jump	5/8 <b>Early Release!</b> <b>#3 Track Meet @ Westbrook High School 3:30</b>	5/9  <b>Practice</b>	5/10  <b>No Practice</b>	5/11
5/2	5/13 <b>Practice</b>  Long jump	5/14 <b>Practice</b>  Long jump	5/15 <b>Early Release- No Practice</b>	5/16 <b>#4 Home Track Meet! 3:45</b>	5/17  <b>No Practice</b>	5/18
5/19	5/20 <b>#5 Track Meet @ Auburn High School 3:45</b>  <b>Return Uniforms!</b>	5/21  <b>Last Practice!</b>  <i>END OF SEASON Celebration!</i>	5/22	5/23	5/24	5/25