

2026 FMS Indoor Track Calendar February & March

Practices will be held after school Monday-Thursday, 2:45-3:45

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2/22</p> <p>Last day of February Break</p> <p>Go for an easy run!</p>	<p>2/23</p> <p>1st Day of Practice -running shoes, and water bottle. Meet in the Lg gym</p>	<p>2/24</p> <p>Practice</p>	<p>2/25</p> <p>Practice</p>	<p>2/26</p> <p>Practice</p> <p>(Small Gym Not Available due to The Ping Pong Club)</p>	<p>2/27</p> <p>No Practice</p> <p>Coaches Meeting</p> <p>All heat sheets must be filled out. Know your events!</p>	<p>2/28</p>
<p>3/1</p> <p>Enjoy your day! Run, Stretch, do yoga etc.!!</p>	<p>3/2</p> <p>Practice</p>	<p>3/3</p> <p>Practice</p>	<p>3/4</p> <p>No Practice!</p> <p>½ day Early Release</p>	<p>3/5</p> <p>Practice in the Small Gym - Large Gym unavailable due to a wrestling meet.</p>	<p>3/6</p> <p>No Practice</p> <p>Coaches Meeting</p> <p>All heat sheets must be filled out. Know your events!</p>	<p>3/7</p> <p>1st Meet</p> <p>6:30 pm @ EXPO Vs. Lyman Moore & Windham</p> <p><u>Be at the EXPO at 6:10 pm</u></p>
<p>3/8</p> <p>Try to do some form of exercise today! Jog, ski, walk your dog.</p>	<p>3/9</p> <p>Practice</p>	<p>3/10</p> <p>Practice</p>	<p>3/11</p> <p>Practice</p>	<p>3/12</p> <p>Practice</p> <p>(Small Gym Not Available due to The Ping Pong Club)</p>	<p>3/13</p> <p>No Practice</p> <p>Coaches Meeting</p> <p>All heat sheets must be filled out. Know your events!</p>	<p>3/14</p> <p>2nd Meet</p> <p>6:30 pm @ EXPO vs. Bonny Eagle & Lincoln</p> <p><u>Be at the EXPO at 6:10 pm</u></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/15 Try to do some form of exercise today! Jog, ski, walk your dog.	3/16 Practice	3/17 Practice Practice in the Small Gym - Large Gym unavailable due to a wrestling meet.	3/18 No Practice! ½ day Early Release for Conferences	3/19 Practice	3/20 No Practice Coaches Meeting All heat sheets must be filled out. Know your events!	3/21 3rd Meet 6:30 pm @ EXPO vs. Gorham & King Be at the EXPO at 6:10 pm
3/22 Enjoy your day! Stretching & yoga!	3/23 Practice	3/24 Practice Practice in the Small Gym - Large Gym unavailable due to a wrestling meet.	3/25 Practice Coaches Meeting 5pm	3/26 Practice	3/27 No Practice Coaches Meeting All heat sheets must be filled out. Know your events!	3/28 4th Meet 11:30 am @ EXPO vs. South Portland & Westbrook Be at the EXPO at 11:10 am
3/29	3/30 Practice <u>Festival Week!!</u> <u>Get Excited!!</u> <u>You got this!!!</u>	3/31 Practice What are your events @ the festival? Meet Sheets must be completed	4/1 No Practice! ½ day Early Release Coaches Meeting @5pm	4/2 Practice Know your events!	4/3 No Practice Know your events!	4/4 Festival Meets at the EXPO Boys Individual Festival Meet @ 12:30 a.m. Be there at 12:10 p.m. Girls Individual Festival Meet @ 5:00 p.m.. Be there at 4:40 p.m.

Indoor Track Families,

Welcome! The Indoor season starts in 4 weeks on February 23rd! Practices will be held after school Monday-Thursday, 2:45-3:45. I will send out a newsletter each week updating you about the week's practices and meets. Here is some important information about FMS Indoor track.

Practices: 2:45-3:45, meet in the Lg gym for practice. We'll be done in time for student-athletes to hop on the late bus to get home at 3:50 Come prepared for practice every day with running shoes, water bottle, and a positive attitude! We will try to head outside for a short run each day as part of our warmup so have a jacket/sweatshirt, hat and gloves.

Following the team warm-up we will divide into different groups based on your events some days and full group strength workouts other days.

Track Meets: Meets are held on Saturdays at the Portland EXPO, 239 Park Ave, Portland (next to the Portland Sea Dogs Stadium). Athletes should arrive 20 mins before the scheduled start time and those times vary every weekend.. The Cost is adults-\$5, students senior citizens-\$3.

Here is a list of the Indoor Track Events (Southern Maine Middle School Indoor Track League Rules, Procedures & Miscellaneous)

1. Boys and girls have the same events except for the spacing of hurdles, the starting height in

the high jump, the weight of the shot for Senior Division, and the hurdle height for Senior Division.

2. Junior Division (6th grade): 40 yd. Dash, 45 yd. Hurdles, 150 yd. Dash, 240 yd. Dash, 440 yd. Dash, 600 yd. Run, Shot Put, 560 yd. Relay, no 1000, no High Jump.

3. Intermediate Division (7th grade): 40 yd. Dash, 45 yd. Hurdles, 150 yd. Dash, 240 yd. Dash, 440 yd.

Dash, Shot Put, 560 yd. Relay.

4. Senior Division (8th grade): 40 yd. Dash, 45 yd. Hurdles, 240 yd. Dash, 300 yd. Dash, 440 yd. Dash, Shot Put, 840 yd. Relay.
5. Open Events (Intermediate & Senior Division): 1000 yd. Run, 1-Mile, High Jump.

Event Limitations: An athlete may enter a maximum of two events, as follows:

- a. 2 field events (not possible for the Junior Division).
- b. 1 field & 1 running event.
- c. 2 running events, only one of which may be a floor event (40 or hurdles), and only one of which may be a circular event (150, 240, 300, 440, 600, 1000, mile).
- d. Relay. The relay may be added as a third event.

*You can not do 2 circle track races and a relay..

More information can be found under the Falmouth Athletic page with updated announcements. ***Our Meet Schedule is there as well.*** All meets are on Saturdays and our Festival meet is Saturday, 4/4 with the girls at 12:30 p.m. and boys at 5:00 p.m.

<https://athletics.falmouthschools.org/teams-schedules/winter-sports/indoor-track>

Event & Approx. # of Laps and lane cut in information

Mile -	12.5
1000 -	7
600 -	4.2
440 -	3.1
300 -	2.1
240 -	1.7
150 -	1.1

240 and 300 yd dash - you must stay in your lane for the start, but then you may move into the inside lane at a certain point.

Mile, 1000, 600, 440, Relays - after the race starts, depending on what lane you started in, you want to run as much of the race on the inside lane.

Shot putters - remember to stay in the circle and wait for your ball to hit the floor after your throw, and then exit out the back.

High Jump- make sure you check in
150 yd dash - stay in your lane that you are assigned