

Falmouth Middle School

Track and Field 2026

- 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 2:35-3:40 everyday after school except Fridays or early release days.** Your athlete may take the late buses home or get picked up by an adult.
- The meets start at 3:45. Parents, you may come watch and pick up your child at the end of the meet, 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 Meet is April 29! .
- We ask our athletes to [GIVE THEIR BEST](#) everyday! [GO NAVIGATORS!](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4/12	4/13 1st Outdoor Practice. Meet in the Lg gym. <u>Parent Meeting 6:30pm</u>	4/14 Practice! Long Jump	4/15 Practice! Shot Put	4/16 No Practice! FHS Home Track Meet 3:45	4/17 No Practice!	4/18
4/19	4/20 No	4/21 Practice	4/22 !!!	4/23 Spring	4/24 Break	4/25
4/26	4/27 Practice Javelin Long jump	4/28 Practice Shot put Long jump	4/29 <u>#1 Track Meet @ Home!! 3:45</u> Fal. vs Scarborough, BE, Oxford Hills, & St. Brigid	4/30 Practice	5/1 No Practice	5/2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5/3	5/4 Practice	5/5 Practice Shot Put Long jump	5/6 Early Release, No Practice	5/7 Practice Javelin	5/8 No Practice	5/9
5/10	5/11 Practice	5/12 Practice Shot Put Long jump	5/13 #2 Track Meet @ Away Edward Little 3:45 Bus @2:40	5/14 Practice Javelin	5/15 No Practice	5/16
5/17	5/18 Practice	5/19 Practice Shot Put Long jump	5/20 #3 Track Meet @ Away Windham High School 3:45 Bus @ 2:40	5/21 Practice Javelin	5/22 No Practice	5/23
5/24	5/25 No School. Memorial Day!	5/26 Practice Shot Put Long jump	5/27 Practice	5/28 Practice Javelin	5/29 No Practice	5/30
5/31	6/1 Practice	6/2 Practice Shot Put Long jump	6/3 #4 Track Meet Away @ 3:45 Fitzpatrick Stadium No Bus!! ½ Day of School!	6/4 Last Practice! END OF SEASON Celebration! Return Uniforms.	6/5 Have a great summer!!	6/6