2022 Fort Calhoun Junior High Track & Field Schedule

March

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4 Student interest meeting during homeroom	5
6	7	8	9 JH Track & Field Questionnaire DUE TODAY	10 NO SCHOOL Spring Break	11 NO SCHOOL Spring Break	12
13	14 Check out jersey and sweatsuit from Coach Nelson	15 Check out jersey and sweatsuit from Coach Nelson	16 Check out jersey and sweatsuit from Coach Nelson	17 Check out jersey and sweatsuit from Coach Nelson	18	19
20	21 First day of T&F practice	22	23	24 8th grade time & jump evaluations	25 No practice	26
27	28 NO SCHOOL -No JH practice	29 7th grade time & jump evaluations	30 -BLACK DAY-	31 -BLACK DAY-		

April - UPDATED

Su	Mo	Tu	We	Th	Fr	Sa
					1 No practice	2
3	4 -ORANGE DAY-	5 FC Home Quad Meet @ 4 pm	6 -ORANGE DAY-	7 -BLACK DAY-	8 No practice	9
10	11 -ORANGE DAY-	12 FC Home Quad Meet @ 4 pm	13 -WHITE DAY-	14 West Point Invitational @ 12:30 pm -bus departs @ ~10:30 am	15 No practice	16
17	18 NO SCHOOL No practice	19 DC West Invitational @ 12pm -bus departs @ 10:30 am	20 -ORANGE DAY-	21 -BLACK DAY-	22 No practice	23 FC Home Invitational @ 10 am -arrive by 9 am
24	25 -BLACK DAY-	26 Varsity Home Invitational -No JH practice Come and watch!	27 -BLACK DAY-	28 -BLACK DAY-	29 No practice	30

May

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
	-ORANGE DAY-	Yutan Invitational @ 1:30 pm -bus leaves @ ~11:30 am	-WHITE DAY-	-ORANGE DAY-	Arlington Invitational @ 4 pm -bus leaves @ 2:30 pm	
8	9	10	11	12	13	14
	Archbishop Bergan Invitational @ 3:30 pm -bus leaves @ ~1:30 pm	*Practice ONLY for State Qualifiers*	*Practice ONLY for State Qualifiers*	*Practice ONLY for State Qualifiers*	*Practice ONLY for State Qualifiers*	Nebraska JH Track & Field Championships @ TBD
15	16	17	18	19	20	21
	Check jerseys & sweatsuits into Coach Nelson	Check jerseys & sweatsuits into Coach Nelson	Check jerseys & sweatsuits into Coach Nelson	Check jerseys & sweatsuits into Coach Nelson		
22	23	24	25	26	27	28
29	30	31				

Running shoes are **REQUIRED**

Track spikes are OPTIONAL

Spikes increase grip on uneven surfaces

What do I wear?

Solid black shorts are **REQUIRED**

FC does NOT supply shorts

Leggings/tights are OPTIONAL

Must be black

Gloves and ear warmers are OPTIONAL