

# March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11 Optional Practice 3:00-5:00	12 Optional Practice 3:00-5:00	13 Optional Practice 3:00-5:00	14 Optional Practice 3:00-5:00	15
16	17 SPRING BREAK	18 NO PRACTICES	19 SPRING BREAK	20 NO PRACTICES	21 SPRING BREAK	22
23	24 1 <sup>ST</sup> DAY OF PRACTICE 3:00-5:00	25 Practice 3:00-4:45 Parent meeting 4:45	26 Practice 3:00-5:00	27 Practice 3:00-5:00	28 Practice 3:00-5:00	29
30	31 Practice 3:00-5:00					

## INFO

### Practices

Practices will be held M-F, from 3:00-5:00, except for days school is not in session and meet days

### Meets

Track meets are held on Saturdays. Athletes should arrive by 8:30 am. Field events begin at 9:00 and running events begin at 9:30.

# April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice 3:00-5:00	2 Practice 3:00-5:00 Old FCHS Track	3 Practice 3:00-5:00	4 <b>No Practice</b>	5 NCIL Track Meet 1 @ Twin Peak Classical Academy
6	7 Practice 3:00-5:00	8 Practice 3:00-5:00	9 Practice 3:00-5:00 Old FCHS Track	10 Practice 3:00-5:00	11 Practice 3:00-5:00	12 NCIL Meet 2 @ Skyline High School
13	14 Practice 3:00-5:00	15 Practice 3:00-5:00	16 Practice 3:00-5:00 Old FCHS Track	17 <b>No Practice</b>	18 <b>No Practice</b>	19
20	21 <b>No Practice</b>	22 Practice 3:00-5:00	23 Practice 3:00-5:00 Old FCHS Track	24 Practice 3:00-5:00	25 Practice 3:00-5:00	26 NCIL Track Meet 3 @ Skyline High School
27	28 Practice 3:00-5:00	29 Practice 3:00-5:00	30 Practice 3:00-5:00 Old FCHS Track			

## EVENTS

### NCIL Meet 1

340 South Sunset Street, Longmont  
Arrive at 8:30 am. Field Events begin  
at 9:00 am, Running Events begin at  
9:30 am.

### NCIL Meet 2

600 East Mountain View Avenue,  
Longmont. Arrive at 8:30 am. Field  
Events begin at 9:00 am, Running  
Events begin at 9:30 am.

### NCIL Meet 3

600 East Mountain View Avenue,  
Longmont. Arrive at 8:30 am. Field  
Events begin at 9:00 am, Running  
Events begin at 9:30 am.

# May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice 3:00-5:00	2 Practice 3:00-5:00	3 NCIL Track Meet 4 @ Skyline High School
4	5 Practice 3:00-5:00	6 Practice 3:00-5:00	7 Practice 3:00-5:00 Old FCHS Track	8 Practice 3:00-5:00	9 Practice 3:00-5:00	10 NCIL Track Championship @ Skyline High School
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## EVENTS

### NCIL Meet 4

600 East Mountain View Avenue,  
Longmont. Arrive at 8:30 am. Field  
Events begin at 9:00 am, Running  
Events begin at 9:30 am.

### Championship

600 East Mountain View Avenue,  
Longmont. Arrive at 8:30 am. Field  
Events begin at 9:00 am, Running  
Events begin at 9:30 am

## Track Meet Information

Twin Peaks Charter Academy- 340 South Sunset St, Longmont. ~55-minute drive  
Skyline High School – 600 East Mountain View Avenue, Longmont. ~45-minute drive

### Saturday Meets

Arrival Time: 8:30

Coaches Meeting: 8:45 am

Field Events: 9:00 am

Running Events: 9:30 am

Order of Events:

*Girls followed by boys*

1600m Run

100m 30"/110m hurdles 33'

100m Dash

800m Relay

400m Dash

400m Relay

800m Run

200m Hurdles 30"

200m Dash

1600m Relay

Boys Shot (9:00-10:00)/Girls Shot follows boys

[boys (8 lbs.) /girls (6 lbs.)]

Girls Discus (9:00-10:00)/ Boys Discus follows girls (1Kg)

Girls High Jump (9:00-10:00)/Boys High Jump (Starts after girls)

Boys Long Jump (9:00-10:00)/Girls long jump follows boys

Girls Triple Jump (9:00-10:00)/Boys triple jump follows girls