

2026 Spartan Track and Field

<u>Date</u>	<u>Event</u>	<u>Start Time</u>
Monday, March 9th	First Practice — Meet on the turf	ALL TEAM MEETING AT 3:45
Wed, March 11th	PAC Meeting	6 pm
Friday, March 27th	UW - Stout Indoor Invite (Varsity Only) - Friday before Spring Break	Bus - 12:15 Start - 3:00
Friday, April 10th	MS and JV only Meet @ HOME vs JM (Varsity will Help Run Events)	Start - 4:30
Tuesday, April 14th	Big9 Triangular @ Owatonna vs Owatonna and Red Wing (JV and Varsity only)	Bus Time -2:45 Start Time - 4:30
Wednesday, April 15th	TEAM PICTURES	MS - First HS - After
Friday, April 17th	Dean Bishop Invitational @ Austin (Varsity Only)	Bus Time - 2:30 Start Time - 4:15
Monday, April 20th	Big9 Triangular @ HOME vs Albert and Austin (All Levels)	Start Time - 4:30
Thursday, April 23rd	Lakeville South True Team Boys Invite (Boys Only)	Bus Time - 1:30 Start Time - 4:00
Friday, April 24th	Kasson Elite Meet for MS @ Kasson (must qualify to be invited)	Bus - TBD Start - TBD
Friday, April 24th	Hamline Elite (by invitation only)	TBD
Tuesday, April 28th	Big9 Triangular @ HOME vs JM and Century (JV and Varsity)	Start Time - 4:30
Thursday, April 30th	53rd Dick Norman Invite @ HOME (Varsity Only)	Field Events - 4:00 Running Events - 4:30
Tuesday, May 5th	Section 1AAA True Team Meet @ Owatonna (Varsity Only)	Bus Time: 11:15 am Start Time: 1:30pm
Friday, May, 8th	MS and JV only meet @ John Marshall (Varsity will Help Run Events)	No Bus - Sorry Start Time - 4:30
Tuesday, May 12th	Big9 Triangular @ Mankato West vs West and East (JV and Varsity)	Bus Time - 1:45 Start Time - 4:30
Friday, May 15th	All-City MS, JV and Varsity @ TBD (City Elite, only top 3 entries in each event)	Start Time - 4:30

Monday, May 18th	MS and JV Last Chance Meet @ Winona	Bus - 2:30 Start - 4:30
Thursday, May 21st	Big9 Conference Meet @ Century (Varsity Only)	No Bus Start Time - TBD
Thursday, May 28th	Day 1 Section 1AAA Meet @ Lakeville South	Bus Time - TBD Start Time - TBD
Saturday, May 30th	Day 2 Section 1AAA Meet @ Lakeville South	Bus Time - TBD Start Time - TBD
June 4th - June 6th	MN State Meet	TBD

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- Daily Practices
 - **Practice for track and field is very unique. It really depends on what events you're doing because we practice by event group.**
 - We have the track reserved from 3:40 to 5:45 every day for practice
 - How long you have practice really depends on what events you participate in. We'll explain more at the PAC meeting.
 - Middle School students can take the "activity bus" to Mayo after school (contact Middle School for bus info.)
 - Because of staggered release time for the different levels, Middle school athletes will have limited supervision between their release time and practice time
 - Excused absences from practice must notify coach of schedule conflict **ahead of time**
- To be able to participate you must
 - Be in grades 7-12th
 - Turn in a physical form or have one on file at the Mayo Activities Office
 - Fill out online registration and pay the athletic fee
 - If you need assistance with payment please let a coach or the activities office know
- What you need for practice (if you don't have something we can help provide it for you)
 - Active clothes for **hot & cold** weather **everyday**
 - Athletic Shoes and optional spikes for the track
 - Your own lock if you are planning on using a locker in the athletic locker room.
 - Recommending a foam roller for pre warm-up stretching
- If you don't know what events to do, the coaches will help you understand the events more and help you choose those that interest you and fit your abilities.
 - **Jumping Events** – Long Jump, Triple Jump, High Jump, & Pole Vault
 - **Throwing Events** – Shot Put & Discus
 - **Sprinting Events** – 100 & 200 meters
 - **Middle Distance Events** -- 200 & 400 meters

- **Hurdle Events** – 100 (girls)/110 (boys) & 300 meter hurdles
- **Distance Events** – 800, 1600, & 3200 meters
- **Relays** – 4x100, 4x200, 4x400, 4x800 meters
- Check team webpage for additional information, team expectations, and links:
 - Boy's webpage -- <https://www.mayospartans.org/page/show/1930439-boys-track-2016->
 - Girls webpage -- <https://www.mayospartans.org/page/show/1930394-girls-track-2016->
- Any other questions? Please feel free to contact us
 - Boy's Head Coach Cory Urban -- courban@rochesterschools.org
 - Girl's Head Coach Jered Smiley -- jesmiley@rochesterschools.org
 - Follow us on X --- @CoachJSmiles and @MayoTrack