

March 2025

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
	Starting Blocks Session 1 3:30-4:15 pm		Starting Blocks Session 2 3:30-4:15 pm		Sign-up Survey DUE TODAY	
9	10	11	12	13	14	15
	Starting Blocks Session 3 3:30-4:15 pm Check out jersey and sweatsuit from Coach Nelson	Starting Blocks Session 4 3:30-4:15 pm Check out jersey and sweatsuit from Coach Nelson	Check out jersey and sweatsuit from Coach Nelson	NO SCHOOL Spring Break	NO SCHOOL Spring Break	
16	17	18	19	20	21	22
		Starting Blocks Session 5 3:30-4:15 pm	Starting Blocks Session 6 3:30-4:15 pm			
23	24	25	26	27	28	29
	specials stations First day of JH track practice	combo practice	combo practice	specials only	No practice	
30	31				HS @ CSM	
	combo practice * 100m dash evaluations					

April 2025

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
		combo practice *100m dash evaluations make-up day	combo practice	specials only	No practice	
					<i>HS @ Platteview</i>	
6	7	8	9	10	11	12
	Tekamah Quad Meet @ 4:00 pm -bus departs @ ~2:30 pm	specials only	combo practice * 400m dash evaluations	TBD practice	No practice	
				<i>HS @ DC West</i>		
13	14	15	16	17	18	19
	combo practice *400m dash evaluations make-up day	Fort Calhoun Quad Meet @ 4 pm -dismiss from school @ ~2:50 pm <i>HS @ Logan View</i>	specials only	West Point Invitational @ 11:00 am -bus departs @ ~8:45 am <i>HS @ Waverly</i>	No practice	
20	21	22	23	24	25	26
	No practice	combo practice *no hurdles	DC West Invitational @ 10am -bus departs @ 8:30 am	Ashland B-Triangular @ 4 pm -bus departs @ 2:30 pm <i>TBD practice</i> *athletes not attending triangular will have practice <i>HS @ Louisville</i>	No practice	FC Home Invitational @ 10 am -arrive by 9 am
		<i>HS JV @ Ashland</i>				
27	28	29	30			
	combo practice	No practice * We will need volunteers to work the concessions <i>HS @ HOME</i>	specials only			

May 2025

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
				combo practice	No practice	
						HS @ Conestoga
4	5	6	7	8	9	10
	combo practice	Yutan Invitational @ 1:30 pm -bus departs @ 11:45 am	specials only	TBD practice	Arlington Invitational @ 2 pm -bus leaves @ 12:30 pm	
				HS @ Arlington		
11	12	13	14	15	16	17
	PRACTICE STATE QUALIFIERS ONLY	No practice	PRACTICE STATE QUALIFIERS ONLY	PRACTICE STATE QUALIFIERS ONLY		Nebraska JH Track & Field Championships @ TBD
	Check jerseys & sweatsuits into Coach Nelson	Check jerseys & sweatsuits into Coach Nelson	Check jerseys & sweatsuits into Coach Nelson			
		HS @ Districts TBD				
18	19	20	21	22	23	24
			HS Class B State Meet @ Burke HS	HS Class B State Meet @ Burke HS		
25	26	27	28	29	30	31