

## 2023 Spring Track Schedule

<b>April</b>		
Tuesday	Thursday	Saturday
	6 <sup>th</sup> <i>Kennedy HS</i>	
11 <sup>th</sup> <i>Kennedy HS</i>	13 <sup>th</sup> <b>Grand Avenue</b>	15 <sup>th</sup> <b>Meet 8:30</b>
18 <sup>th</sup> <b>Grand Avenue</b>	20 <sup>th</sup> <b>Grand Avenue</b>	22 <sup>nd</sup> <b>Meet 8:30</b>
25 <sup>th</sup> <i>Kennedy HS</i>	27 <sup>th</sup> <b>Grand Avenue</b>	29 <sup>th</sup> <b>Meet 8:30 – Relay</b>
<b>May</b>		
Tuesday	Thursday	Saturday
2 <sup>nd</sup> <i>Kennedy HS</i>	4 <sup>th</sup> <b>Grand Avenue</b>	6 <sup>th</sup> <b>Meet 8:30 – Relay</b>
9 <sup>th</sup> <b>Grand Avenue</b>	11 <sup>th</sup> <b>NO PRACTICE</b>	13 <sup>th</sup> <b>Meet 8:30 – Relay</b>
16 <sup>th</sup> <i>Kennedy HS</i>	18 <sup>th</sup> <i>Kennedy HS</i>	20 <sup>th</sup> <b>8:15 Championships Relay &amp; Coaches relay</b>
23 <sup>rd</sup> <i>Pizza – JFK</i>		

**Practices start at 6:00 pm**

RAIN OUT INFORMATION FOR MEETS AT MITCHEL FIELD WILL BE SENT VIA REMINDME APP

**It is important that you sign up for the REMINDME APP**

Please note:

All athletes should be at the meet ½ hour before start time

Directions:

**Mitchel Field** – Hempstead Tpke to Earl Ovington Blvd North, make left at traffic light adjacent to Omni Bldg.

Then make 2<sup>nd</sup> left into Mitchel Complex

**Grand Ave School** – 2301 Grand Ave, Bellmore

Southern State to Exit 25S, Newbridge Rd to Grand Ave

Right on Grand. School is on the right. Track is behind school.

**Kennedy High School** – 3000 S. Bellmore Ave, Bellmore

East on Sunrise Highway to Bellmore Ave. Turn on Bellmore Ave

Go about 3 miles. School is on the right. Track is behind school

*Bathrooms are not guaranteed at practice, please plan accordingly.*

*Practice last 1 hr to 1hr 15 mins*