

2024 Spring Track Schedule

April		
Tuesday	Thursday	Saturday
	4 th Kennedy HS	
9 th Kennedy HS	11 th Grand Avenue	13 th Meet 8:30
16 th Kennedy HS	18 th Grand Avenue	20 th Meet 8:30
23 rd Kennedy HS	25 th Grand Avenue	27 th Meet 8:30 – Relay
30 th Grand Avenue		
May		
Tuesday	Thursday	Saturday
	2 nd Kennedy HS	4 th Meet 8:30 – Relay
7 th Kennedy HS	9 th NO PRACTICE	11 th Meet 8:30 – Relay
14 th Kennedy HS	16 th Grand Avenue	18 th 8:15 Championships Parade, Relay & Coaches relay
21 st Pizza – JFK		

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 are expected 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 2nd 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