

2025 Spring Track Schedule

	April	
Tuesday	Thursday	Saturday
	3 rd Mepham	
8 th Mepham	10 th Mepham	
15 th Grand Avenue	17 th Grand Avenue	19 th Meet 8:30
22 nd Mepham	24 th Grand Avenue	26 th Meet 8:30 – Relay
29 th Mepham		
	May	
Tuesday	Thursday	Saturday
	1 st Mepham	3 rd Meet 8:30 – Relay
6 th Mepham	8 th Mepham	10 th Meet 8:30 – Relay
13 th Grand Avenue	15 th Mepham	17 th 8:15 Championships Parade, Relay & Coaches relay
20 th Pizza Party - Grand		

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.

Mepham High School – 2401 Camp Ave, Bellmore

Southern State to Exit 25S, Newbridge Rd to Elbert Ave
Right on Elbert - parking & track at the end of the street

Bathrooms are not guaranteed at practice, please plan accordingly.

Practice last 1 hr to 1hr 15 mins