

2026 Spring Track Schedule

	March	
Tuesday	Thursday	Saturday
31 st Grand Ave		
	April	
	Thursday	Saturday
	2 nd Mephram HS	
7 th Mephram	9 th Mephram HS	11 th Mitchel Field 8:30
14 th Grand Ave	16 th Grand Ave	18 th Mitchel Field 8:30
21 st Grand Ave	23 rd JFK HS	25 th Mitchel Field 8:30 – Relay
28 th JFK HS	30 th Grand Ave	
	May	
Tuesday	Thursday	Saturday
		2 nd Mitchel Field 8:30 – Relay
5 th Grand Ave	7 th JFK HS	9 th Mitchel Field 8:30 – Relay
12 th Mephram	14 th Mephram HS	16 th Mitchel Field 8:15
19 th Mephram		Championships, Parade, Relay & Coaches relay

Practices start at 6:30 pm

**CHANGES TO PRACTICE LOCATION
WILL BE SENT VIA REMIND APP**

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

**It is important that you sign up
for the REMIND 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.

Mephram 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

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