

2019 Lux Track Schedule

Mon 3/18	Tue 3/19	Wed 3/20	Thur 3/21	Fri 3/22	Sat 3/23
Practice 3:00 – 4:30	No Practice Staff Meeting	Practice 3:00 – 4:30	Practice 3:00 – 4:30	Practice 3:00-4:30	
Mon 3/25	Tue 3/26	Wed 3/27	Thur 3/28	Fri 3/29	Sat 3/30
Practice 3:00 – 4:30	No Practice PLC	Practice 3:00 – 4:30	Practice@ Lincoln East 3:00 – 4:30	Practice 3:00-4:30	Meet #1 @ East High School 9:00-12:00
Mon 4/1	Tue 4/2	Wed 4/3	Thur 4/4	Fri 4/5	Sat 4/6
Practice 3:00-4:30	Practice 3:00 – 4:30	Practice 3:00 – 4:30	Practice 3:15 – 4:30	Practice 3:00 – 4:30	Meet #2 @ Northeast High School 9:00 – 12:00
Mon 4/8	Tue 4/9	Wed 4/10	Thur 4/11	Fri 4/12	Sat 4/13
Practice 3:00 – 4:30	NO PRACTICE Staff Meeting	Practice 3:00 – 4:30	Practice @ Lincoln East 3:15 – 4:30	Practice 3:00 – 4:30	Meet #3 @ Southwest High School 9:00 – 12:00
Mon 4/15	Tue 4/16	Wed 4/17	Thur 4/18	Fri 4/19	Sat 4/20
Practice 3:00 – 4:30	Practice 3:00 – 4:30	Practice 3:00 – 4:30	Practice 3:15 – 4:30	No School No Practice	No Meet
Mon 4/22	Tue 4/23	Wed 4/24	Thur 4/25	Fri 4/26	Sat 4/27
Practice 3:00 – 4:30	Practice 3:00 – 4:30	Practice 3:00 – 4:30	Practice @ Lincoln East 3:15 – 4:30	Practice 3:00 – 4:30	Meet #4 @ Southeast High School 9:00-12:00
Mon 4/29	Tue 4/30	Wed 5/1	Thur 5/2	Fri 5/3	Sat 5/4
Practice 3:00 – 4:30	No Practice PLC	Practice 3:00 – 4:30	ALL CITY TRACK MEET @ Lincoln High 4:30 – 8:00	ALL CITY TRACK MEET @ Lincoln High 4:30 – 8:00	

Thursday Practices: The practices at Lincoln East are not required, though they are encouraged. Transportation is not provided to these practices.

Start Times: 9:00am High Jump, 9:30am Long Jump and Shot Put, 10:30am Running Events

Order of Events: 1600, Hurdles, 100, 400, 200, 800, 4x100, 4x400

Track meets will run according to the order of events, there is no specific time that each event will start.

Cancellation: If meets are cancelled they will announce it on KFOR or on the LPS web site.

I will also post to the google classroom site as soon as it is announced. **Code = nu0k06 (those are zeroes)**

Communication: Your student needs to know what events they are entered into and communicate with coaches about whether or not they will be at practices and meets.

Pick up: Please have rides available to pick students up at the west end of the building by 4:45. Supervision for students is unavailable after this time.

Submission of forms: All students need to submit a parent signed red card and athlete expectations sheet prior to the first meet.

Contact: If you have any questions, contact Mrs. Lubash at clubash@lps.org