

**Merton Area Running Club Practice and Meet Schedule  
(Meets are CENTERED in BOLD)**

\*\*\* As always, check the website, statwack, and your email.

\*\* Note this is subject to change based on weather and rescheduling of events by the high school.

\* Note days and times carefully as they are not consistent.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Event and Location</u>	<u>Who</u>
Sunday	April 8, 2018	3:00 - 4:00	FIRST DAY Question & Answer - Optional / Open House	1st - 8th graders
Sunday	April 8, 2018	4:00 to 6:00	FIRST DAY - Come Early / Stay Late to Pick Up Shirt / Turn in Paperwork	1st - 8th graders
Sunday	April 8, 2018	4:15 - 5:30	FIRST DAY of Practice at AHS Track - South end of football field	1st - 8th graders
Monday	April 9, 2018	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
Wednesday	April 11, 2018	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
Thursday	April 12, 2018	5:30 - 7:00	Practice at AHS - Meet by the Long Jump, baseball fields, in grass, behind stadium	1st - 8th graders
Sunday	April 15, 2018	4:15 - 5:30	Practice at AHS Track - South end of football field	1st - 8th graders
<b>Wednesday</b>	<b>April 18, 2018</b>	<b>5:00 Field, 6:00 Run</b>	<b>All Comers Open Track and Field Meet at AHS Just Show Up !</b>	<b>Everyone / Anyone is Welcome</b>
Thursday	April 19, 2018	5:30 - 7:00	Practice at AHS - Meet by the Long Jump, baseball fields, in grass, behind stadium	1st - 8th graders
Sunday	April 22, 2018	4:15 - 5:30	Practice at AHS Track - South end of football field	1st - 8th graders
<b>Wednesday</b>	<b>April 25, 2018</b>	<b>5:00 Field, 6:00 Run</b>	<b>All Comers Open Track and Field Meet at AHS Just Show Up !</b>	<b>Everyone / Anyone is Welcome</b>
Thursday	April 26, 2018	5:30 - 7:00	Practice at AHS - Meet by the Long Jump, baseball fields, in grass, behind stadium	1st - 8th graders
Sunday	April 29, 2018	4:15 - 5:30	Practice at AHS Track	1st - 8th graders
Sunday	April 29, 2018	4:00 - 6:00	Intro to Pole Vault	7th & 8th Graders ONLY
Wednesday	May 2, 2018	5:30 - 7:00	Practice at AHS Track	1st - 8th graders
Thursday	May 3, 2018	5:30 - 7:00	Practice at AHS - Meet by the Long Jump, baseball fields, in grass, behind stadium	1st - 8th graders
<b>Saturday</b>	<b>May 5, 2018</b>	<b>9:00 AM</b>	<b>Mini Myrhum Middle School Invite at AHS ( Coach / School Selected Teams - Must Pre-Register - Talk to your Coach)</b>	<b>5th - 8th Graders Only</b>
Sunday	May 6, 2018	4:15 - 5:30	Practice at AHS Track	1st - 8th graders
<b>Wednesday</b>	<b>May 9, 2018</b>	<b>5:30 to 7:00</b>	<b>Most Likely Practice - Rain Date for All Comers Meet</b>	<b>Everyone / Anyone is Welcome</b>
<b>Thursday</b>	<b>May 10, 2018</b>	<b>5:00 Field, 6:00 Run</b>	<b>All Comers Open Track and Field Meet at AHS Just Show Up ! - or Practice at 5:30 to 7:00</b>	<b>Everyone / Anyone is Welcome</b>
Sunday	May 13, 2018	4:15 - 5:30	Practice at AHS Track	1st - 8th graders
<b>Wednesday</b>	<b>May 16, 2018</b>	<b>4:45 Field, 5:45 Run</b>	<b>AHS Grade School Invite at AHS ( Register with your PE Teacher - 5th - 8th grade)</b>	<b>4th and Under - just show up 5th - 8th grade - Pre-register</b>
Friday	May 18, 2018	5:15 - 6:15	Optional Practice at AHS Track	1st - 8th graders
<b>Saturday</b>	<b>May 19, 2018</b>	<b>9:00 AM</b>	<b>"Run Your Socks Off" 5k and 1/2 mile Fun Run <a href="http://www.imathlete.com/events/runyoursocksofforswallowschool">www.imathlete.com/events/runyoursocksofforswallowschool</a></b>	<b>All - Additional payment required (Register on your own)</b>
Sunday	May 20, 2018	4:15 - 5:30	Practice at AHS Track	1st - 8th graders
<b>Monday</b>	<b>May 21, 2018</b>	<b>5:00 Field, 6:00 Run</b>	<b>Possible All Comers Open Track and Field Meet at AHS Just Show Up !</b>	<b>Everyone / Anyone is Welcome</b>
Wednesday	May 23, 2018	5:15 - 6:30	Practice at AHS Track	1st - 8th graders
Sunday	May 27, 2018	MD 4:15 - 5:30	Practice at AHS Track	1st - 8th graders
Wednesday	May 30, 2018	5:30 - 7:00	Practice at AHS Track	1st - 8th graders
Thursday	May 31, 2018	5:30 - 7:00	Practice at AHS Track	1st - 8th graders
Sunday	June 3, 2018	4:15 - 5:30	Location TBD - Graduation	1st - 8th graders
Wednesday	June 6, 2018	5:30 - 7:00	Location TBD - at AHS while Track gets Resurfaced	1st - 8th graders
<b>Saturday</b>	<b>June 9, 2018</b>	<b>9:00 AM</b>	<b>USATF JO State / District Meet - Carroll College - Waukesha, WI <a href="http://www.wiusatf.org">www.wiusatf.org</a></b>	<b>Open to All - Add'l payment required (Email me to register)</b>
<b>Saturday</b>	<b>June 9, 2018</b>	<b>5:00 - 9:00 pm</b>	<b>WISCO MILE at Wisconsin Lutheran High School Track</b>	<b>Open Community or Incoming 7th graders and older</b>

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				<a href="http://www.wiscomile.com">www.wiscomile.com</a>	<b>(Register on your own)</b>
Monday	June 11, 2018		5:30 - 7:00	Location TBD at AHS	1st - 8th graders
Wednesday	June 13, 2018		5:30 - 7:00	Location TBD at AHS	1st - 8th graders
<b>Saturday</b>	<b>June 16, 2018</b>	OR	<b>9:00 AM</b>	<b>Badger State Games - LaCrosse, WI</b>	<b>All - Additional payment required</b>
				<a href="http://www.badgerstategames.org">www.badgerstategames.org</a>	<b>(Register on your own)</b>
<b>Saturday</b>	<b>6/16 or go to Regionals</b>		<b>9:00 AM</b>	<b>Possible AAU State / District Meet - Carroll College - Waukesha, WI</b>	<b>All - Additional payment required</b>
				<a href="http://www.aauathletics.org">www.aauathletics.org</a>	<b>(Email me to register)</b>
Monday	June 18, 2018		5:30 - 7:00	Location TBD at AHS	1st - 8th graders
Wednesday	June 20, 2018		5:30 - 7:00	Location TBD at AHS	1st - 8th graders
Monday	June 25, 2018		5:30 - 7:00	Location TBD at AHS	1st - 8th graders
<b>Wednesday</b>	<b>June 27, 2018</b>		<b>5:30- 7:00</b>	<b>LAST DAY - Fun and Games</b>	<b>1st - 8th Graders</b>
<b>Tuesday</b>	<b>June 26, 2018</b>	to	<b>9:00 AM</b>	<b>USATF Youth Nationals - College of Brockport, Rochester, NY</b>	<b>Qualifiers thru-out the season</b>
<b>Sunday</b>	<b>July 1, 2018</b>		<b>9:00 AM</b>	<b>USATF Youth Nationals - College of Brockport, Rochester, NY</b>	<b>Qualifiers thru-out the season</b>
<b>Thursday</b>	<b>June 28, 2018</b>	to	<b>8:00 AM</b>	<b>AAU Regionals - Simpson College, Indianola, IA</b>	<b>Qualifiers from State / District Meet</b>
<b>Sunday</b>	<b>July 1, 2018</b>		<b>8:00 AM</b>	<b>AAU Regionals - Simpson College, Indianola, IA</b>	<b>Qualifiers from State / District Meet</b>
					<b>(Email me to register)</b>
<b>Thursday</b>	<b>July 5, 2018</b>	to	<b>8:00 AM</b>	<b>USATF Regionals - Mankato University, MN</b>	<b>Qualifiers from State / District Meet</b>
<b>Sunday</b>	<b>July 8, 2018</b>		<b>8:00 AM</b>	<b>USATF Regionals - Mankato University, MN</b>	<b>Qualifiers from State / District Meet</b>
					<b>(Email me to register)</b>
<b>Friday</b>	<b>July 6, 2018</b>	&	<b>9:00 PM</b>	<b>Pewaukee Weekend</b>	<b>Anyone/Everyone-Separate Registration Required</b>
<b>Sunday</b>	<b>July 8, 2018</b>		<b>6:15 AM</b>	<b>Pajama 5k, Duathlon, Triathlon</b>	<b>Anyone/Everyone-Separate Registration Required</b>
				<a href="http://www.racelighthouse.com">www.racelighthouse.com</a>	
<i>Monday</i>	<i>July 9, 2018</i>		<i>TBD</i>	<i>AHS Track Camp - Separate Registration Required</i>	<i>4k - 8th graders</i>
<i>Tuesday</i>	<i>July 10, 2018</i>		<i>TBD</i>	<i>AHS Track Camp - Separate Registration Required</i>	<i>4k - 8th graders</i>
<i>Wednesday</i>	<i>July 11, 2018</i>		<i>TBD</i>	<i>AHS Track Camp - Separate Registration Required</i>	<i>4k - 8th graders</i>
<i>Thursday</i>	<i>July 12, 2018</i>		<i>TBD</i>	<i>AHS Track Camp - Separate Registration Required</i>	<i>4k - 8th graders</i>
<i>Friday</i>	<i>July 13, 2018</i>		<i>TBD</i>	<i>AHS Track Camp Track and Field Meet - Separate Registration Required</i>	<i>4k - 8th graders</i>
				<a href="http://www.arrowheadschoools.org">www.arrowheadschoools.org</a>	<i>Register on your own</i>
<i>Monday</i>	<i>July 23, 2018</i>		<i>TBD</i>	<i>AHS Cross Country Camp - Separate Registration Required</i>	<i>2nd - 8th graders</i>
<i>Tuesday</i>	<i>July 24, 2018</i>		<i>TBD</i>	<i>AHS Cross Country Camp - Separate Registration Required</i>	<i>2nd - 8th graders</i>
<i>Wednesday</i>	<i>July 25, 2018</i>		<i>TBD</i>	<i>AHS Cross Country Camp - Separate Registration Required</i>	<i>2nd - 8th graders</i>
<i>Thursday</i>	<i>July 26, 2018</i>		<i>TBD</i>	<i>AHS Cross Country Camp - Separate Registration Required</i>	<i>2nd - 8th graders</i>
				<a href="http://www.arrowheadschoools.org">www.arrowheadschoools.org</a>	<i>Register on your own</i>
<b>Saturday</b>	<b>July 28, 2018</b>		<b>8:00 AM</b>	<b>Tri-ing for Children's Triathlon - Ottawa Lake - Dousman</b>	<b>All are welcome</b>
				<a href="http://www.witrseries.com">www.witrseries.com</a>	<b>Register on your own</b>
<b>Monday</b>	<b>July 23, 2018</b>	thru	<b>8:00 AM</b>	<b>USATF National Junior Olympics - Greensboro, NC</b>	<b>Qualifiers from Regionals</b>
<b>Sunday</b>	<b>July 29, 2018</b>		<b>8:00 AM</b>	<b>USATF National Junior Olympics - Greensboro, NC</b>	<b>Qualifiers from Regionals</b>
					<b>(Email me to register)</b>
<b>Saturday</b>	<b>July 28, 2018</b>	thru	<b>8:00 AM</b>	<b>AAU National Junior Olympics - Des Moines, Iowa</b>	<b>Qualifiers from Regionals</b>
<b>Saturday</b>	<b>August 4, 2018</b>		<b>8:00 AM</b>	<b>AAU National Junior Olympics - Des Moines, Iowa</b>	<b>Qualifiers from Regionals</b>
					<b>(Email me to register)</b>
<b>Wednesday</b>	<b>August 1, 2018</b>		<b>9:00 PM</b>	<b>Prowl the Peak 5k at Lapham Peak Park</b>	<b>All are welcome</b>
				<a href="http://www.peaknordic.com">www.peaknordic.com</a>	<b>Register on your own</b>

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