

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

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Practice or Meet Location</u>	<u>Who</u>
Sunday	April 2, 2017	4:00 - 5:30	Practice at AHS Track - South end of football field	1st - 8th graders
Wednesday	April 5, 2017	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
Friday	April 7, 2017	5:00 - 6:30	Practice at AHS Track - South end of football field	1st - 8th graders
Sunday	April 9, 2017	SB 4:30 - 6:00	Practice at AHS Track - South end of football field	1st - 8th graders
Monday	April 10, 2017	SB 5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
Wednesday	April 12, 2017	SB 5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
Friday	April 14, 2017	SB 5:00 - 6:30	Practice at AHS Track - South end of football field	1st - 8th graders
Monday	April 17, 2017	SB 4:30 - 6:00	Practice at AHS Track - South end of football field	1st - 8th graders
Wednesday	April 19, 2017	5:00 Field, 6:00 Run	All Comers Open Track and Field Meet at AHS Just Show Up !	Everyone / Anyone is Welcome
Sunday	April 23, 2017	4:00 - 5:30	Practice at AHS Track	1st - 8th graders
Wednesday	April 26, 2017	6:30 - 7:30	Short Practice at AHS Track	1st - 8th graders
OR Wednesday	April 26, 2017	5:00 Field, 6:00 Run	Possible All Comers Open Track and Field Meet at AHS Just Show Up !	Everyone / Anyone is Welcome
Thursday	April 27, 2017	6:30 - 7:30	Short Practice at AHS Track	1st - 8th graders
Sunday	April 30, 2017	4:00 - 5:30	Practice at AHS Track	1st - 8th graders
Monday	May 1, 2017	5:30 - 7:00	Practice at AHS Track	1st - 8th graders
Wednesday	May 3, 2017	5:00 Field, 6:00 Run	All Comers Open Track and Field Meet at AHS Just Show Up !	Everyone / Anyone is Welcome
Saturday	May 6, 2017	10:30 AM	Mini Myrhum Middle School Invite at AHS (Coach / School Selected Teams - Must Pre-Register)	Middle School Athletes
Sunday	May 7, 2017	4:00 - 5:30	Practice at AHS Track	1st - 8th graders
Wednesday	May 10, 2017	5:00 Field, 6:00 Run	All Comers Open Track and Field Meet at AHS Just Show Up !	Everyone / Anyone is Welcome
Sunday	May 14, 2017	4:00 - 5:30	Practice at AHS Track	1st - 8th graders
Wednesday	May 17, 2017	4:45 Field, 5:45 Run	AHS Grade School Invite at AHS (Register with your PE Teacher)	4th and under , 5th - 8th grade
Saturday	May 20, 2017	9:00 AM	"Run Your Socks Off" 5k and 1/2 mile Fun Run www.imathlete.com/events/runyoursocksoffforwallowschool	All - Additional payment required (Register on your own)
Sunday	May 21, 2017	4:30 - 6:00	Practice at AHS Track	1st - 8th graders
Wednesday	May 24, 2017	or 5:30 - 7:00	Practice at AHS Track	1st - 8th graders
Wednesday	May 24, 2017	5:00 Field, 6:00 Run	Possible All Comers Open Track and Field Meet at AHS Just Show Up !	Everyone / Anyone is Welcome
Friday	May 26, 2017	MD 5:00 - 6:30	Practice at AHS Track	1st - 8th graders
Monday	May 29, 2017	MD 4:30 - 6:00	Practice at AHS Track	1st - 8th graders
Wednesday	May 31, 2017	5:30 - 7:00	Practice at AHS Track	1st - 8th graders
Monday	June 5, 2017	5:30 - 7:00	Location TBD	1st - 8th graders
Wednesday	June 7, 2017	5:30 - 7:00	Location TBD	1st - 8th graders
Saturday	June 10, 2017	9:00 AM	USATF JO State / District Meet - Carroll College - Waukesha, WI www.wiusatf.org	Open to All - Add'l payment required (Email me to register)
Saturday	June 10, 2017	6:00 - 9:00 pm	WISCO MILE at Wisconsin Lutheran High School Track www.wiscomile.com	Open Community or Incoming 7th graders and older (Email me to register)

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<u>Day</u>	<u>Date</u>		<u>Time</u>	<u>Practice or Meet Location</u>	<u>Who</u>
Monday	June 12, 2017		5:30 - 7:00	Location TBD	1st - 8th graders
Wednesday	June 14, 2017		5:30 - 7:00	Location TBD	1st - 8th graders
Saturday	June 17, 2017	OR	9:00 AM	Badger State Games - LaCrosse, WI www.badgerstategames.org	All - Additional payment required (Register on your own)
Saturday	June 17, 2017 - or TBD		9:00 AM	AAU State / District Meet - Carroll College - Waukesha, WI www.aauathletics.org	All - Additional payment required (Email me to register)
Monday	June 19, 2017		5:30 - 7:00	Location TBD	1st - 8th graders
Wednesday	June 21, 2017		5:30 - 7:00	Location TBD	1st - 8th graders
Monday	June 26, 2017		5:30 - 7:00	Location TBD	1st - 8th graders
Wednesday	June 28, 2017		5:30 - 7:00	Location TBD	1st - 8th graders
Tuesday	June 27, 2017	to	9:00 AM	USATF Youth Nationals - California Univ of PA, near Pittsburg	Qualifiers thru-out the season
Sunday	July 2, 2017		9:00 AM	USATF Youth Nationals - California Univ of PA, near Pittsburg	Qualifiers thru-out the season
Thursday	June 29, 2017	to	8:00 AM	AAU Regionals - Park Center HS Mpls, MN	Qualifiers from State / District Meet
Sunday	July 2, 2017		8:00 AM	AAU Regionals - Park Center HS Mpls, MN	Qualifiers from State / District Meet (Email me to register)
Monday	July 3, 2017		5:30 - 7:00	Location TBD	1st - 8th graders
Wednesday	July 5, 2017		5:30 - 7:00	Location TBD	1st - 8th graders
Thursday	July 6, 2017	to	8:00 AM	USATF Regionals - Mankato University, MN	Qualifiers from State / District Meet
Sunday	July 9, 2017		8:00 AM	USATF Regionals - Mankato University, MN	Qualifiers from State / District Meet (Email me to register)
Friday	July 7, 2017	&	9:00 PM	Pajama 5k	Anyone/Everyone-Separate Registration Required
Saturday	July 8, 2017	&	7:30 AM / 4:00 PM	Pewaukee Kids Triathlon, Duathlon (bike 2, run 16, run 2)	Anyone/Everyone-Separate Registration Required
Sunday	July 9, 2017		6:15 AM	Pewaukee Adult Triathlon www.pewaukeelakeetri.com	Anyone/Everyone-Separate Registration Required
<i>Monday</i>	<i>July 10, 2017</i>		<i>TBD</i>	<i>AHS Track Camp - Separate Registration Required</i>	<i>4k - 8th graders</i>
<i>Tuesday</i>	<i>July 11, 2017</i>		<i>TBD</i>	<i>AHS Track Camp - Separate Registration Required</i>	<i>4k - 8th graders</i>
<i>Wednesday</i>	<i>July 12, 2017</i>		<i>TBD</i>	<i>AHS Track Camp - Separate Registration Required</i>	<i>4k - 8th graders</i>
<i>Thursday</i>	<i>July 13, 2017</i>		<i>TBD</i>	<i>AHS Track Camp - Separate Registration Required</i>	<i>4k - 8th graders</i>
<i>Friday</i>	<i>July 14, 2017</i>		<i>TBD</i>	<i>AHS Track Camp Track and Field Meet - Separate Registration Required</i>	<i>4k - 8th graders</i>
				www.arrowheadschoools.org	<i>Register on your own</i>
Saturday	July 29, 2017		9:00 AM	Tri-Ing for Children's Triathlon - Ottawa Lake - Dousman www.racedayeventsllc.com	All are welcome Register on your own
Monday	July 24, 2017	thru	8:00 AM	USATF National Junior Olympics - Lawrence, KS	Qualifiers from Regionals
Sunday	July 30, 2017		8:00 AM	USATF National Junior Olympics - Lawrence, KS	Qualifiers from Regionals (Email me to register)
Saturday	July 29, 2017	thru	8:00 AM	AAU National Junior Olympics - Ypsilante, MI	Qualifiers from Regionals
Saturday	August 5, 2017		8:00 AM	AAU National Junior Olympics - Ypsilante, MI	Qualifiers from Regionals (Email me to register)
Wednesday	August 2, 2017		9:00 PM	Prowl the Peak 5k at Lapham Peak Park www.peaknordic.com	All are welcome Register on your own