

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

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

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

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

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Event and Location</u>	<u>Who</u>
Monday	March 18, 2019	4:00 - 7:00	Registration - Open House	1st - 8th graders
Monday	April 1, 2019	5:30 - 7:00	FIRST DAY of Practice at AHS Track - South end of football field	1st - 8th graders
Wednesday	April 3, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
Sunday	April 7, 2019	3:45 - 5:00	Practice at AHS Track - South end of football field	1st - 8th graders
Monday	April 8, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
Wednesday	April 10, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
Sunday	April 14, 2019	3:45 - 5:00	Practice at AHS Track - South end of football field	1st - 8th graders
Monday	April 15, 2019	5:00 Field, 6:00 Run	All Comers Open Track and Field Meet at AHS	Everyone / Anyone is Welcome
			Just Show Up !	
Wednesday	April 17, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
Sunday	April 21, 2019	3:45 - 5:00	Practice at AHS Track - South end of football field	1st - 8th graders
Monday	April 22, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
Wednesday	April 24, 2019	5:00 Field, 6:00 Run	All Comers Open Track and Field Meet at AHS	Everyone / Anyone is Welcome
			Just Show Up !	
Sunday	April 28, 2019	3:45 - 5:00	Practice at AHS Track - South end of football field	1st - 8th graders
Monday	April 29, 2019	5:00 Field, 6:00 Run	All Comers Open Track and Field Meet at AHS	Everyone / Anyone is Welcome
			Just Show Up !	
Wednesday	May 1, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
Saturday	May 4, 2019	9:00 AM	Mini Myrhum Middle School Invite at AHS	5th - 8th Graders Only
			(Coach / School Selected Teams - Must Pre-Register - Talk to your Coach)	
Sunday	May 5, 2019	3:45 - 5:00	Practice at AHS Track - South end of football field	1st - 8th graders
Monday	May 6, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
Wednesday	May 8, 2019	5:00 Field, 6:00 Run	All Comers Open Track and Field Meet at AHS	Everyone / Anyone is Welcome
			Just Show Up !	
Sunday	May 12, 2019	3:45 - 5:00	Practice at AHS Track - South end of football field	1st - 8th graders
Wednesday	May 15, 2019	4:45 Field, 5:45 Run	AHS Grade School Invite at AHS	4th and Under - just show up
			(Register with your PE Teacher - 5th - 8th grade)	5th - 8th grade - Pre-register
Saturday	May 18, 2019	9:30 AM	Waupun Middle School Championship Meet	6th - 8th graders
Saturday	May 18, 2019	9:00 AM	"Run Your Socks Off" 5k and 1/2 mile Fun Run	All - Additional payment required
			www.imathlete.com/events/runyoursocksofforswallowschool	(Register on your own)
Sunday	May 19, 2019	3:45 - 5:00	Practice at AHS Track - South end of football field	1st - 8th graders
Monday	May 20, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
Tuesday	May 21, 2019	5:00 Field, 6:00 Run	All Comers Open Track and Field Meet at AHS	Everyone / Anyone is Welcome
			Just Show Up !	
Sunday	May 26, 2019	MD 3:45 - 5:00	Practice at AHS Track - South end of football field	1st - 8th graders
Monday	May 27, 2019	MD 3:45 - 5:00	Practice at AHS Track - South end of football field	1st - 8th graders
Wednesday	May 29, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders

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	Sunday June 2, 2019	3:45 - 5:00	Practice at AHS Track - South end of football field	1st - 8th graders
	Monday June 3, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
	Wednesday June 5, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
	Saturday June 8, 2019	5:00 - 9:00 pm	WISCO MILE at Wisconsin Lutheran High School Track	Open Community or Incoming 7th graders and older
			www.wiscomile.com	(Register on your own)
X				
	Sunday June 9, 2019	3:45 - 5:00	Meet by the long jump pits at AHS - Track is closed for Graduation	1st - 8th graders
	Monday June 10, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
	Wednesday June 12, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
	Saturday June 15, 2019	TBD	USATF JO State / District Meet - Carroll College - Waukesha, WI	Open to All - Add'l payment required
			www.wiusatf.org	(Email me to register)
X				
X	Monday June 17, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
X	Wednesday June 19, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
X	Saturday June 22, 2019	OR TBD	Badger State Games - LaCrosse, WI	All - Additional payment required
			www.badgerstategames.org	(Register on your own)
	Saturday June 22, 2019	OR TBD	AAU State / District Meet - Tosa West High School, Tosa	Open to All - Add'l payment required
			www.aautrackandfield.org	(Email me to register)
X				
X	Sunday June 23, 2019	3:45 - 5:00	Practice at AHS Track - South end of football field	1st - 8th graders
X	Monday June 24, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
X	Wednesday June 26, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
X	Tuesday June 25, 2019	to 9:00 AM	USATF Youth Nationals - Durham, NC	Qualifiers thru-out the season
X	Sunday June 30, 2019	9:00 AM	USATF Youth Nationals - Durham, NC	Qualifiers thru-out the season
	Thursday June 27, 2019	to 8:00 AM	AAU Regionals - Hart Park, Milwaukee, WI	Qualifiers from State / District Meet
	Sunday June 30, 2019	8:00 AM	AAU Regionals - Hart Park, Milwaukee, WI	Qualifiers from State / District Meet
				(Email me to register)
	Sunday June 30, 2019	3:45 - 5:00	Practice at AHS Track - South end of football field	1st - 8th graders
	Monday July 1, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
	Wednesday July 3, 2019	5:30 - 7:00	Practice at AHS Track - South end of football field	1st - 8th graders
	Thursday July 4, 2019	to 8:00 AM	USATF Regionals - Fargo South High School, Fargo, North Dakota	Qualifiers from State / District Meet
X	Sunday July 7, 2019	8:00 AM	USATF Regionals - Fargo South High School, Fargo, North Dakota	Qualifiers from State / District Meet
X				(Email me to register)
X	Friday July 5, 2019	& 9:00 PM	Pewaukee Weekend	Anyone/Everyone-Separate Registration Required
X	Sunday July 7, 2019	6:15 AM	Pajama 5k, Duathlon, Triathlon	Anyone/Everyone-Separate Registration Required
			www.racelighthouse.com	
X				
	Monday July 8, 2019	8:00 or 10:15	AHS Track Camp - Separate Registration Required	4k - 8th graders
	Tuesday July 9, 2019	8:00 or 10:15	AHS Track Camp - Separate Registration Required	4k - 8th graders
X	Wednesday July 10, 2019	8:00 or 10:15	AHS Track Camp - Separate Registration Required	4k - 8th graders
X	Thursday July 11, 2019	8:00 or 10:15	AHS Track Camp - Separate Registration Required	4k - 8th graders
X	Friday July 12, 2019	8:00 AM	AHS Track Camp Track and Field Meet - Separate Registration Required	4k - 8th graders
X			www.arrowheadschoools.org	Register on your own

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<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Event and Location</u>	<u>Who</u>
Monday	July 22, 2019	8:00 - 9:00 am	AHS Cross Country Camp - Separate Registration Required	2nd - 8th graders
Tuesday	July 23, 2019	8:00 - 9:00 am	AHS Cross Country Camp - Separate Registration Required	2nd - 8th graders
X Wednesday	July 24, 2019	8:00 - 9:00 am	AHS Cross Country Camp - Separate Registration Required	2nd - 8th graders
X Thursday	July 25, 2019	8:00 - 9:00 am	AHS Cross Country Camp - Separate Registration Required	2nd - 8th graders
			www.arrowheadschoools.org	Register on your own
Saturday	July 27, 2019	8:00 AM	Tri-ing for Children's Triathlon - Ottawa Lake - Dousman	All are welcome
			www.witriseries.com	Register on your own
Monday	July 22, 2019	thru 8:00 AM	USATF National Junior Olympics - Sacramento, California	Qualifiers from Regionals
Sunday	July 28, 2019	8:00 AM	USATF National Junior Olympics - Sacramento, California	Qualifiers from Regionals
				(Email me to register)
Friday	July 26, 2019	thru 8:00 AM	AAU National Junior Olympics - Greensboro, North Carolina	Qualifiers from Regionals
Saturday	August 3, 2019	8:00 AM	AAU National Junior Olympics - Greensboro, North Carolina	Qualifiers from Regionals