

WEEKLY BULLETIN

Sterling Public Schools



March 24-April 2, 2018

**Saturday
March 24** PROM @ Hartman's Cattle Barn - Doors open @ 6:30PM - Coronation @ 7PM
 Dinner & Dance to follow - Dance ends @ 11:30PM
 Post Prom doors close @ 12:15AM and ends @ 3:30AM

**Monday
March 26** Breakfast: Scrambled Eggs, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk
 Lunch: Chili Soup, Romaine Lettuce Salad, WG Cinnamon Roll, Applesauce
RSH - 2nd period
 TRACK Practice: 4-6PM
 HS Quiz Bowl @ Freeman - Van leaves @ 4:15

**Tuesday
March 27** Breakfast: WG French Toast Sticks OR WG Cereal/WG Muffin, Fruit/Juice, Milk
 Lunch: Hamburger, FF and/or Swt FF, Tomatoes, Peaches
 Wilber-Clatonia HS Track Invite - 2AM - Bus leaves @ 11:31AM
 - schedule of events on back

**Wednesday
March 28** Breakfast: WG Cereal, WG Toast, Fruit/Juice, Milk
 Lunch: Roast Turkey, Mashed Potatoes w/ Gravy, Peas, Dinner Roll w/ Jelly, Mandarin Oranges
RSH - 1st period
 MUDECAS HS Quiz Bowl @ Johnson-Brock - 10AM - Van leaves @ 8:30AM
 TRACK Practice: 4-6PM

**Thursday
March 29** Breakfast: Breakfast Bar OR WG Cereal/WG Muffin, Fruit/Juice, Milk
 Lunch: Goulash, Green Beans, WG Roll w/ Jelly, Pears
RSH - 8th period
 TRACK Practice: 4-6PM

**Friday
March 30** **NO** TRACK Practice: TBA
SCHOOL

through
**Monday
April 2** **EASTER** TRACK Practice: TBA
BREAK

* USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

MORE INFO ON BACK

Stay up to date with all things JET related by going to the school website: www.sterlingjets.org, our [Facebook](#) page, and for sports updates, follow us on Twitter: [@spsjetpride!!!](#)

- ACT TEST DATE: April 14, 2018
- REGISTRATION DEADLINE: March 9, 2018
- LATE REGISTRATION DEADLINE: March 10-23, 2018

WILBER-CLATONIA HS TRACK INVITE

TUESDAY, MARCH 27, 2018

FIELD EVENT SCHEDULE (All Field Events are 4 Jumps/Throws)

2:00 P.M. Shot: Girls first, followed by Boys
Discus: Boys first, followed by Girls – Ring assigned day of meet
High Jump: Boys followed by Girls
Pole Vault: Girls followed by Boys
Triple Jump then Long Jump: Boys – pit assigned day of meet
Long Jump then Triple Jump: Girls – pit assigned day of meet

RUNNING EVENT SCHEDULE (Using CMMW-C FAT timing system)

3:00 P.M.	3200 Meter Relay	Girls/Boys	Finals
	100 Meter Intermediate Hurdles (33")	Girls	Finals
	110 Meter High Hurdles (39")	Boys	Finals
	100 Meter Dash	Girls/Boys	Finals
	400 Meter Dash	Girls/Boys	Finals
	3200 Meter Run	Girls/Boys	Finals
	BREAK (Time to be Announced)		
	800 Meter Run	Girls/Boys	Finals
	300 Meter Hurdles (30")	Girls	Finals
	300 Meter Hurdles (36")	Boys	Finals
	200 Meter Dash	Girls/Boys	Finals
	1600 Meter Run	Girls/Boys	Finals
	400 Meter Relay	Girls/Boys	Finals
	1600 Meter Relay	Girls/Boys	Finals