

# WEEKLY BULLETIN

Sterling Public Schools



April 21-28, 2018

**Saturday** MUDECAS HS Track Meet @ Tri County - 9AM - Bus leaves @ 7:01AM  
**April 21** \*schedule of events on back

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**Monday** Breakfast: Breakfast Bar OR WG Cereal/WG Muffin, Fruit/Juice, Milk  
**April 23** Lunch: Submarines, Corn, Gelatin, Pears  
Doane Rep - 10AM  
TRACK Practice: 4-6PM

**Tuesday** Breakfast: WG Cereal, WG Toast, Fruit/Juice, Milk  
**April 24** Lunch: Chicken Fajita, WG Rice, Peas, Mandarin Oranges  
Pawnee City HS Track Invite @ Pawnee City - 9AM - Bus leaves @ 7:21AM  
\*schedule of events on back

**Wednesday** Breakfast: WG French Toast Sticks OR WG Cereal/WG Muffin, Fruit/Juice, Milk  
**April 25** Lunch: Hot Beef Sandwich, Mashed Potatoes w/ Gravy, Broccoli w/ Cheese, Pineapple Tidbits  
**RSH - 2<sup>nd</sup> period**  
Lewiston JH Track @ Pawnee City - 9:30AM - Bus leaves @ 8AM  
\*schedule of events on back  
Spanish Fiesta @ Sterling - 8AM-1PM  
TRACK Practice: 4-6PM


**Thursday** Breakfast: Omelet, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk  
**April 26** Lunch: Chicken Noodle Soup, Romaine Lettuce Salad, PB&J Sandwich, Peaches  
**RSH - 5<sup>th</sup> period**  
Safety Day - 5<sup>th</sup> Grade - Bus leaves @ 8:15AM  
HS Music Concert (Large Groups) - 7PM in the gym  
TRACK Practice: 4-6PM

**Friday** Breakfast: Sausage Gravy over WG Biscuits OR WG Cereal/WG Biscuit, Fruit/Juice, Milk  
**April 27** Lunch: Ham Patty on WG Bun, Green Beans, Tator Gems and/or Swt Tator Gems, Applesauce  
**RSH - 1<sup>st</sup> period**  
TRACK Practice: 4-6PM

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**Saturday** Pioneer Conference HS Track Meet @ Pawnee City - 9AM - Bus leaves @ 7:17AM  
**April 28** \*schedule will be posted ASAP

\* 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](http://www.sterlingjets.org), our [Facebook](#) page, and for sports updates, follow us on Twitter: [@spsjetpride!!!](#)



ACT TEST DATE: June 9, 2018

- REGISTRATION DEADLINE: May 4, 2018

- LATE REGISTRATION DEADLINE: May 5-18, 2018

### PAWNEE CITY HS INVITE TUESDAY, APRIL 24, 2018

#### 9:00 A.M. FIELD EVENTS

##### Series I

Boys Discus  
Girls Shot Put  
Boys Long Jump  
Girls Triple Jump  
Girls High Jump  
Boys Pole Vault

##### Series II

Boys Shot Put  
Girls Discus  
Girls Long Jump  
Boys Triple Jump  
Boys High Jump  
Girls Pole Vault

#### 11:30 A.M. RUNNING EVENTS

3200 Meter Relay                      Finals  
100/110 Meter Hurdles              Prelims  
100 Meter Dash                        Prelims  
400 Meter Dash                        Finals  
3200 Meter Run                        Finals  
200 Meter Dash                        Prelims

#### BREAK - LENGTH OF TIME: TBA

100/110 Meter Hurdles              Finals  
100 Meter Dash                        Finals  
800 Meter Run                         Finals  
300 Meter Hurdles                    Finals  
200 Meter Dash                        Finals  
1600 Meter Run                        Finals  
400 Meter Relay                        Finals  
1600 Meter Relay                       Finals

### MUDECAS HS TRACK SCHEDULE

April 21, 2018

#### 9:00 FIELD EVENTS

	1st Session	2nd Session
Shot Put	Boys (South Pad)	Girls (South Pit)
Discus	Girls (TBD)	Boys (TBD)
Long Jump	Boys (North)	Girls (West)
Triple Jump	Girls (West)	Boys (North)
High Jump	Boys (West)	Girls (West)
Pole Vault	Girls (East)	Boys (East)

#### 12:00 RUNNING EVENTS

Girls 3200 M Relay	Finals
Boys 3200 M Relay	Finals
Girls 100 M Hurdles	Prelims
Boys 110 M Hurdles	Prelims
Girls 100 M Dash	Prelims
Boys 100 M Dash	Prelims
Girls 400 M Dash	Finals
Boys 400 M Dash	Finals
Girls 3200 M Run	Finals
Boys 3200 M Run	Finals
Girls 200 M Dash	Prelims
Boys 200 M Dash	Prelims

#### BREAK 30 min

Girls 100 M Hurdles	Finals
Boys 110 M Hurdles	Finals
Girls 100 M Dash	Finals
Boys 100 M Dash	Finals
Girls 800 M Run	Finals
Boys 800 M Run	Finals
Girls 300 M Low Hurdles	Finals
Boys 300 M Int. Hurdles	Finals
Girls 200 M Dash	Finals
Boys 200 M Dash	Finals
Girls 1600 M Run	Finals
Boys 1600 M Run	Finals
Girls 400 M Relay	Finals
Boys 400 M Relay	Finals
Girls 1600 M Relay	Finals
Boys 1600 M Relay	Finals

### LEWISTON JH INVITE

@ PAWNEE CITY

Wednesday, April 25, 2018

#### 9:30 FIELD EVENTS

##### Flight 1

Boys Discus  
Girls Discus  
Boys High Jump  
Girls Long Jump  
Boys Triple Jump

##### Flight 2

Boys Shot Put  
Girls Shot Put  
Girls High Jump  
Boys Long Jump  
Girls Triple Jump

#### 12:00 RUNNING EVENTS

Girls/Boys 800 M Relay  
Girls/Boys 1600 M Run  
Girls/Boys 100 / 110 M Hurdles  
Girls/Boys 100 M Dash  
Girls/Boys 400 M Dash  
Girls/Boys 300 M Hurdles

#### BREAK - TIME TBD

Girls/Boys 200 M Dash  
Girls/Boys 800 M Run  
Girls/Boys 400 M Relay  
Girls/Boys 1600 M Relay