

# WEEKLY BULLETIN

Sterling Public Schools



May 11-18, 2019

Saturday  
May 11

Graduation - 4PM in the gym  
JH State Track Meet @ Gothenburg

\*schedule on back

Sunday  
May 12

HAPPY MOTHER'S DAY! 

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Monday  
May 13

**PRESCHOOL LAST DAY!**

**Breakfast:** Omelet, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk  
**Lunch:** Nachos w/ Cheese Sauce or Bean Dip, Green Beans, Peaches  
Preschool Graduation - 5:30PM in the gym  
Track Practice after school

Tuesday  
May 14

**Breakfast:** Sausage Gravy over WG Biscuits OR WG Cereal/WG Biscuit, Fruit/Juice, Milk  
**Lunch:** Sweet & Sour Chicken, Egg Roll, WG Rice, Mandarin Oranges  
**RSH - 5<sup>th</sup> period**  
Elementary Field Day  
Track Practice after school

Wednesday  
May 15

**Breakfast:** Breakfast Pizza Bites OR WG Cereal/WG Muffin, Fruit/Juice, Milk  
**Lunch:** Cheese Ravioli w/ Meat Sauce, Garlic Bread, Mixed Veggies, Mixed Berry Cups  
**RSH - 4<sup>th</sup> period**  
5<sup>th</sup> & 6<sup>th</sup> Grade Field Trip to Cemetery/Johnson County Museum - Bus leaves @ 8AM  
Track Practice after school

Thursday  
May 16

**Breakfast:** Cinnamon Toast Sticks, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk  
**Lunch:** Sloppy Joe on WG Bun, Seasoned Potato Wedges, Peas, Pears  
**RSH - 3<sup>rd</sup> period**  
TeamMates End of the Year Celebration - 3:45PM  
Track Practice after school

Friday  
May 17

**Breakfast:** Scrambled Eggs, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk  
**Lunch:** Pulled Pork on WG Bun, Corn, Applesauce, Dessert  
HS State Track Meet @ Omaha Burke


\*schedule on back

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Saturday  
May 18

HS State Track Meet @ Omaha Burke

\*schedule on back

**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 scores, follow us on Twitter: [@spsjetpride!!!](https://twitter.com/spsjetpride)

\* USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

# ACT TEST DATE INFO:

| TEST DATE                  | JUNE 8 | JUL 13 |
|----------------------------|--------|--------|
| Registration Deadline      | MAY 3  | JUN 14 |
| Late Registration Deadline | MAY 20 | JUN 24 |

## 2019 STATE TRACK @ OMAHA BURKE

More info on the school website:

[www.sterlingjets.org](http://www.sterlingjets.org)

### Friday, May 17, 2019

#### Classes D and B

|           |                         |
|-----------|-------------------------|
| 3:00 P.M. | 3200 Meter Relay Finals |
| 3:55 P.M. | 100 Meter High Hurdles  |
| 4:15 P.M. | 110 Meter High Hurdles  |
| 4:35 P.M. | 100 Meter Dash          |
| 5:15 P.M. | 400 Meter Dash          |
| 5:55 P.M. | 3200 Meter Run Finals   |
| 6:55 P.M. | 300 Meter Low Hurdles   |
| 7:15 P.M. | 300 Meter Int. Hurdles  |
| 7:35 P.M. | 200 Meter Dash          |

### Saturday, May 18, 2019

|            |                        |
|------------|------------------------|
| 9:30 A.M.  | 800 Meter Run          |
| 10:45 A.M. | 400 Meter Relay        |
| 12:00 P.M. | 100 Meter High Hurdles |
| 12:15 P.M. | 110 Meter High Hurdles |
| 12:30 P.M. | 100 Meter Dash         |
| 12:55 P.M. | 400 Meter Dash         |
| 1:45 P.M.  | 1600 Meter Run         |
| 2:55 P.M.  | 300 Meter Low Hurdles  |
| 3:10 P.M.  | 300 Meter Int. Hurdles |
| 3:25 P.M.  | 200 Meter Dash         |
| 3:55 P.M.  | 1600 Meter Relay       |

#### \*\*\*\*\*Field Events\*\*\*\*\*

| Event       | Boy/Girl | CLASS A         | CLASS B         | CLASS C         | CLASS D         |
|-------------|----------|-----------------|-----------------|-----------------|-----------------|
| Long Jump   | ◆ Boys   | 8:30 a.m. Sat.  | 3:00 p.m. Sat.  | 1:00 p.m. Sat.  | 10:30 a.m. Sat. |
|             | *Girls   | 11:00 a.m. Fri. | 3:00 p.m. Fri.  | 9:00 a.m. Fri.  | 5:30 p.m. Fri.  |
| Triple Jump | ◆ Boys   | 9:00 a.m. Fri.  | 6:00 p.m. Fri.  | 12:00 noon Fri. | 3:00 p.m. Fri.  |
|             | *Girls   | 1:30 p.m. Sat.  | 11:00 a.m. Sat. | 3:30 p.m. Sat.  | 8:30 a.m. Sat.  |
| Shot Put    | ◆ Boys   | 9:00 a.m. Fri.  | 5:30 p.m. Fri.  | 11:00 a.m. Fri. | 3:30 p.m. Fri.  |
|             | *Girls   | 11:00 a.m. Sat. | 1:00 p.m. Sat.  | 8:30 a.m. Sat.  | 3:00 p.m. Sat.  |
| Discus      | ◆ Boys   | 1:00 p.m. Sat.  | 11:00 a.m. Sat. | 3:00 p.m. Sat.  | 8:30 a.m. Sat.  |
|             | *Girls   | 12:00 noon Fri. | 3:00 p.m. Fri.  | 9:00 a.m. Fri.  | 5:30 p.m. Fri.  |
| High Jump   | ◆ Boys   | 12:00 noon Fri. | 3:00 p.m. Fri.  | 9:00 a.m. Fri.  | 5:30 p.m. Fri.  |
|             | *Girls   | 8:30 a.m. Sat.  | 3:00 p.m. Sat.  | 10:30 a.m. Sat. | 1:00 p.m. Sat.  |
| Pole Vault  | ◆ Boys   | 9:00 a.m. Fri.  | 9:00 a.m. Sat.  | 1:00 p.m. Sat.  | 3:30 p.m. Fri.  |
|             | *Girls   | 9:00 a.m. Sat.  | 3:30 p.m. Fri.  | 9:00 a.m. Fri.  | 1:00 p.m. Sat.  |

### Nebraska Championship Meet Schedule of Events

Field Events: 11:00AM CST Start

Boys Shot followed by Girls, B & G throw 4KG shot

Girls Disc followed by Boys, B & G throw 1KG discus

Boys Long Jump followed by Boys Triple Jump West Pit

Girls Long Jump followed by Girls Triple Jump East Pit

Boys Pole Vault West Pit, East end of Track

Girls Pole Vault East Pit, East end of Track

Boys High Jump 2 Pits followed by Girls

High Jump 2 Pits West end of Track

Shot, Disc, Long Jump, Triple Jump, three attempts top nine to finals

100 Meter and 100 Meter hurdle events have prelims and finals, 1<sup>st</sup> place from each heat plus next five fastest times advance to finals.

All other races on track are final competitions against time. Girls run before Boys.

|       |  |
|-------|--|
| 12:30 | 4 X 800 Meter Relay Finals One Section G & B |
| 1:15  | 100 Meter Hurdle Prelims Three Heats G & B   |
| 1:40  | 100 Meter Prelims Three Heats G & B          |
| 1:55  | 1600 Meter Finals One Heat G & B             |
| 2:15  | 4 X 100 Meter Relay Finals Two Heats G & B   |
| 2:35  | 400 Meter Finals Three Heats G & B           |
| 2:50  | 200 Meter Hurdle Finals Three Heats G & B    |
|       | Award Presentation                           |
| 3:35  | 100 Meter Hurdle Final One Heat G & B        |
| 3:45  | 100 Meter Final One Heat G & B               |
| 3:55  | 800 Meter Final One Heat G & B               |
| 4:05  | 200 Meter Final Three Heats G & B            |
| 4:15  | 4 X 400 Relay Final Two Heats G & B          |

Runner Up and Team Title Presentations  
Most Valuable Athlete Presentation

Meet may run ahead of schedule or go to a one session schedule if inclement weather threatens.