

# WEEKLY BULLETIN

Sterling Public Schools



May 16-21, 2016

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**Monday  
May 16**      **Breakfast:** Scrambled Eggs, Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk  
**Lunch:** Cook's Choice, Corn, Baked Beans, Applesauce  
**SEMESTER TESTING - ODD PERIODS (1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, & 7<sup>th</sup> periods)**  
**BOYS BB Meeting** for grades 8-11 in the cafeteria @ 7:30AM  
**FOOTBALL Meeting:** after school  
**TRACK Practice:** after school  
**SCHOOL BOARD MEETING - 7:30PM**

**Tuesday  
May 17**      **Breakfast:** Cook's Choice OR WG Cereal/WG Muffin, Fruit/Juice, Milk  
**Lunch:** Chicken Nuggets, Mashed Potatoes w/ Gravy, Green Beans, Mixed Fruit  
**RSH - none**  
**MONEY & REGISTRATION FOR GIRLS SUMMER BB CAMP DUE**  
**SEMESTER TESTING - EVEN PERIODS (2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup>, & 8<sup>th</sup> periods)**  
**TRACK Practice:** after school

**Wednesday  
May 18**      **LAST DAY OF SCHOOL - NOON DISMISSAL** (no meals served)  
**MONEY & REGISTRATION FOR BOYS SUMMER BB CAMP DUE**  
**TRACK Practice:** after school

## HAVE A FUN AND SAFE SUMMER!!!

**Friday  
May 20**      🏃 **HS STATE TRACK MEET @ OMAHA - 9AM**  
\*Schedule on back

**Saturday  
May 21**      🏃 **HS STATE TRACK MEET @ OMAHA - 9AM**  
\*Schedule on back

### STATE TRACK MEET QUALIFIERS:

**GIRLS:** 400 M Dash-Taylor Cockerill, 800 M Run-Taylor Cockerill, 1600 M Run-Taylor Cockerill, 100 M Hurdles-Nicole Harms, 300 M Hurdles-Nicole Harms, 4x400 M Relay-Nicole Harms, Carly Wenzl, Malayna Wingert, & Taylor Cockerill, Triple Jump-Nicole Harms

**BOYS:** 800 M Run-Dylan Benson, 1600 M Run-Seth Harm & Logan Jasa, 3200 M Run- Seth Harms, 300 M Hurdles-Jordan Wenzl, 4x400 M Relay-Josh Masur, Jordan Wenzl, Manfre Scattoni, & Austin Buss, 4x800 M Relay-Seth Harms, Logan Jasa, Dylan Benson, & Josh Masur

**WAY TO GO JETS AND LADY JETS!!!**

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**Monday  
May 30**      **MEMORIAL DAY SERVICES @ Sterling Cemetery - 11AM**  
**BANDMEMEBERS - please report to band room @ 10AM**  
\*wear band shirts and shorts

\* USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

☞ 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)

## 2016 NSAA STATE TRACK AND FIELD CHAMPIONSHIP SCHEDULE

Omaha Burke Stadium, 12200 Burke Blvd., Omaha, NE--Friday & Saturday--May 20-21, 2016



### Friday, May 20—All Preliminaries—except the 3200 meter events

The first running event will begin at 9:00 A.M., with the girls' Class D events being run first, followed by the girls' Class B, boys' Class D, and boys' Class B events. At 3:30 P.M. Classes C and A will begin with girls' Class C, followed by girls' Class A, boys' Class C, and boys' Class A events. Events will follow this time schedule as closely as possible. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

#### Classes D and B

9:00 A.M.	3200 Meter Relay Finals
9:55 A.M.	100 Meter High Hurdles
10:15 A.M.	110 Meter High Hurdles
10:35 A.M.	100 Meter Dash
11:15 A.M.	400 Meter Dash
11:55 A.M.	3200 Meter Run Finals
12:55 P.M.	300 Meter Low Hurdles
1:15 P.M.	300 Meter Int. Hurdles
1:35 P.M.	200 Meter Dash

#### Classes C and A

3:30 P.M.	3200 Meter Relay Finals
4:25 P.M.	100 Meter High Hurdles
4:45 P.M.	110 Meter High Hurdles
5:05 P.M.	100 Meter Dash
5:45 P.M.	400 Meter Dash
6:25 P.M.	3200 Meter Run Finals
7:25 P.M.	300 Meter Low Hurdles
7:45 P.M.	300 Meter Int. Hurdles
8:05 P.M.	200 Meter Dash

### Saturday, May 21--All Finals

All Classes. The first running event will begin at 9:30 A.M. with the girls' Class D 800 meter run. It will be followed by girls' C, B, and A. The boys' four classes will then follow in the same order. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

9:00 A.M.	Special Olympics 100 Meter Dash
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	3:00 p.m. Sat.	8:30 a.m. Sat.	10:30 a.m. Sat.	1:00 p.m. Sat.
	*Girls	3:00 p.m. Fri.	11:00 a.m. Fri.	5:30 p.m. Fri.	9:00 a.m. Fri.
Triple Jump	◆ Boys	6:00 p.m. Fri.	9:00 a.m. Fri.	3:00 p.m. Fri.	12:00 p.m. Fri.
	*Girls	11:00 a.m. Sat.	1:30 p.m. Sat.	8:30 a.m. Sat.	3:30 p.m. Sat.
Shot Put	◆ Boys	5:30 p.m. Fri.	9:00 a.m. Fri.	3:30 p.m. Fri.	11:00 a.m. Fri.
	*Girls	1:00 p.m. Sat.	11:00 a.m. Sat.	3:00 p.m. Sat.	8:30 a.m. Sat.
Discus	◆ Boys	11:00 a.m. Sat.	1:00 p.m. Sat.	8:30 a.m. Sat.	3:00 p.m. Sat.
	*Girls	3:00 p.m. Fri.	12:00 p.m. Fri.	5:30 p.m. Fri.	9:00 a.m. Fri.
High Jump	◆ Boys	3:00 p.m. Fri.	12:00 p.m. Fri.	5:30 p.m. Fri.	9:00 a.m. Fri.
	*Girls	3:00 p.m. Sat.	8:30 a.m. Sat.	1:00 p.m. Sat.	10:30 a.m. Sat.
Pole Vault	◆ Boys	9:00 a.m. Sat.	9:00 a.m. Fri.	3:30 p.m. Fri.	1:00 p.m. Sat.
	*Girls	3:30 p.m. Fri.	9:00 a.m. Sat.	1:00 p.m. Sat.	9:00 a.m. Fri.