

WEEKLY BULLETIN

Sterling Public Schools



April 22-29, 2017

Saturday
April 22

MUDECAS HS Track Meet @ Pawnee City - 9AM - Bus leaves @ 7:21AM
*schedule on back
Community Play - Saturday and Sunday

Monday
April 24

Breakfast: WG Pancakes, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk
Lunch: Goulash, Green Beans, WG Dinner Roll w/ Jelly, Peaches
TRACK Practice: 4-6PM

Tuesday
April 25

Breakfast: Scrambled Eggs, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk
Lunch: Chicken Gravy, WG Biscuits or WG Bread, Peas, Mandarin Oranges
RSH - none
 Pawnee City HS Track Invite @ Pawnee City - 9AM - Bus leaves @ 7:21AM
*schedule on back

Wednesday
April 26

Breakfast: Breakfast Burrito OR WG Cereal/WG Muffin, Fruit/Juice, Milk
Lunch: Sloppy Joes on WG Bun, Tator Tots and/or Swt Tator Tots, Corn, Pineapple
AG/ECON FIELD TRIP TO GRAND ISLAND - Van leaves @6:30AM
RSH - none
 Lewiston JH Track Invite @ Pawnee City - 9:30AM - Bus leaves @ 8:15AM
Spanish Fiesta - 8AM-12:30PM in the Gym
TRACK Practice: 4-6PM

Thursday
April 27

Breakfast: Sausage Gravy over WG Biscuits OR WG Cereal/WG Biscuit, Fruit/Juice, Milk
Lunch: Cook's Choice Soup, Romaine Lettuce Salad, WG Breadsticks, Applesauce
RSH - 1st period
AG/ECON FIELD TRIP TO GRAND ISLAND
 5th Grade Field Trip to Farm Safety Day - Bus leaves @ 8AM
TeamMates Year End Program - after school
TRACK Practice: 4-6PM

Friday
April 28

Breakfast: WG Cereal, WG Toast, Fruit/Juice, Milk
Lunch: Chicken Patty Sandwich, FF and/or Swt FF, Broccoli w/ Cheese, Pears
D.A.R.E. Graduation - 1:30PM in the Gym
TRACK Practice: after school

Saturday
April 29

Pioneer Conf. HS Track Invite @ Pawnee City - 9AM - Bus leaves @ 7:06AM
*schedule on back

* 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!!!](#)

RUMPELSTILTSKIN DVDS AVAILABLE FOR PICK UP AT THE SCHOOL OFFICE! \$4/DVD

MUDECAS HS TRACK
Saturday, April 22, 2017
@ Pawnee City

FIELD EVENTS - 9AM

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

RUNNING EVENTS - 11:30AM

Girls 3200 M Relay	Finals
Boys 3200 M Relay	Finals
BREAK - If needed to finish Field Events	
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 - LENGTH OF TIME: 10-20min	
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
@ PAWNEECITY
APRIL 26, 2017

9:30AM FIELD EVENTS

Flight 1 (*4 attempts only)

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

Flight 2 (*4 attempts only)

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

PAWNEE CITY HS INVITE
APRIL 25, 2017

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

BREAKLENGTH OF TIME: TBA

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

12:00PM RUNNING EVENTS-NO FINALS

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