

STERLING PUBLIC SCHOOLS - WEEKLY BULLETIN: Apr 27-May 4, 2024

Saturday JH/HS Conference Trap Shoot - HS @ Lincoln Trap Club - JH @ Izaak Walton
April 27 Pioneer Conf. HS Track @ Pawnee City - 8AM - Bus leaves @ 6:11AM - schedule on back

Monday Breakfast: Uncrustable, Fried Egg, Fruit, Milk
April 29 Lunch: Walking Tacos, Fruit, Veggie, Salad Bar
RSH - 4th period
Elementary Tree Planting @ Sterling Park - 10AM
TRACK PRACTICE 4-6PM
HS Spring Concert (Grades 6-12) in the GYM - 7PM

Tuesday Breakfast: Combo Bar, Hash Brown Patty, Fruit, Milk
April 30 Lunch: Chicken Teriyaki, Rice, Fruit, Veggie, Salad Bar
RSH - 3rd period
Freeman HS Track @ Adams - 9AM - Bus leaves @ 7:02AM - schedule on back

Wednesday **NO PRESCHOOL**
May 1 Breakfast: Donut, Scrambled Eggs w/ Ham, Fruit, Milk
Lunch: Biscuits & Gravy, Scrambled Eggs, Fruit, Veggie, Salad Bar
RSH - 2nd period
NHS Blood Drive from 12-6PM @ Community Building
TRACK PRACTICE 4-6PM
Trap Practice (Optional) 4:30-6PM

Thursday Breakfast: Breakfast Burrito, Boiled Egg, Fruit, Milk
May 2 Lunch: Grilled Chicken, Fruit, Veggie, Salad Bar
RSH - 1st period
JH State Trap Shoot Competition @ Doniphan
TRACK PRACTICE 4-6PM

Friday Breakfast: Chef's Choice
May 3 Lunch: Chef's Choice
RSH - 8th period
HS State Trap Shoot Competition @ Doniphan
3rd & 5th Grade Field Trip to Henry Doorly Zoo - Bus leaves @ 8AM
TRACK PRACTICE 4-6PM

Saturday HS State Trap Shoot Competition @ Doniphan
May 4 Pioneer Conf. JH Track @ Tri County - 9AM - Bus/Van leave @ 7:15AM- schedule posted ASAP

**USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYEE *if/when the salad bar is available, it may be limited *milk availability may be limited*

AWARDS BANQUET - May 6, 2024 - in the GYM
NHS Induction @ 6PM - Awards to follow
Potluck style meal. More info to come!

2024 Pioneer Conference High School Track Meet

(Updated due to weather)

ORDER OF EVENTS

7:30 AM Scratch Meeting

8:00 AM **Series 1**

Boys Discus
Girls Discus
Girls Long Jump (north pit)
Boys Triple Jump (north pit)
Boys High Jump
Girls Pole Vault

Series 2

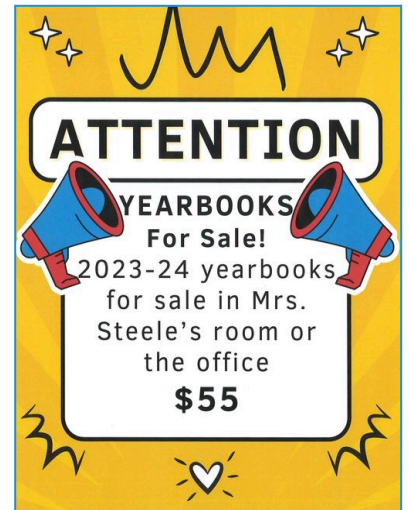
Girls Shot (8:45am)
Boys Shot (8:45am)
Boys Long Jump (8:45 am, middle pit)
Girls Triple Jump(8:45 am, middle pit)
Girls High Jump
Boys Pole Vault

ORDER OF RUNNING EVENTS

11:00 PM	3200 Meter Relay	Finals
	100/110 Meter Hurdles (33"/39")	Prelims
	100 Meter Dash	Prelims
	400 Meter Dash	Finals
	3200 Meter Run	Finals
	200 Meter Dash	Prelims

Break - (tbd)

100/110 Meter Hurdles (33"/39")	Finals
100 Meter Dash	Finals
800 Meter Run	Finals
300 Meter Hurdles (30"/36")	Finals
200 Meter Dash	Finals
1600 Meter Run	Finals
400 Meter Relay	Finals
1600 Meter Relay	Finals



FREEMAN HS TRACK 4/30/24 @ ADAMS

9AM - FIELD EVENTS

1st Session

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

2nd Session

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

12PM - RUNNING EVENTS

Girls followed by Boys

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	
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