

STERLING PUBLIC SCHOOLS - WEEKLY BULLETIN: March 16-23, 2024

**Saturday
March 16** MUDECAS All Star BB Games @ Diller-Odell - Girls Game @ 4:30PM/Boys Game @ 6:15PM
JH/HS Trap Shoot @ Otoe County Wildlife Club in Nebraska City

**Monday
March 18** Breakfast: Pop Tarts, Yogurt, Fruit, Milk
Lunch: Spaghetti, Breadstick, Fruit, Veggie, Salad Bar
RSH - 7th period - State Speeches and Junior/Senior Prom Meeting in the Gym
Pioneer Conference JH Quiz Bowl @ Diller-Odell - 1PM - Van leaves @ 11:30AM
TRACK PRACTICE 4-6PM
School Board Meeting - 7PM

**Tuesday
March 19** **NO SCHOOL - MUDECAS MUSIC CONTEST @ STERLING - TEACHER WORKDAY**
TRACK PRACTICE 4-6PM

**Wednesday
March 20** Breakfast: Breakfast Combo, Hash Browns, Fruit, Milk
Lunch: Fiestada, Fruit, Veggie, Salad Bar
RSH - 6th period
Pioneer Con. Indoor Track @ Doane - 9:30AM - Bus leaves @ 6:51AM - schedule on back
Trap Practice 4:30-6PM

**Thursday
March 21** Breakfast: French Toast, Sausages, Yogurt, Fruit, Milk
Lunch: Ham & Potato, Roll, Fruit, Veggie, Salad Bar
RSH - 5th period
ESU 4 Leadership Academy - Van leaves @ 8AM
Bullying Presentation (Grades 6-8) @ Lewiston 12:30-3:30PM - Bus leaves @ 11:30AM
3rd & 4th Grades to Senior Center - 11:45AM
TRACK PRACTICE 4-6PM
State Speech @ Kearney - Van leaves @ 4PM
FFA Trash Pick Up - immediately after track practice (open to anyone needing community service hours)

**Friday
March 22** Breakfast: Chef's Choice
Lunch: Baked Potato Bar, Fruit, Veggie, Salad Bar
RSH - 4th period
State Speech @ Kearney (Classes D1/D2) 7:30AM
ESU JH Quiz Bowl @ PSC - 9:30AM - Van leaves @ 8AM
SCC-Lincoln Health Care Day - Van leaves @ 8AM
Palmyra Track Triangular - 3PM - Bus leaves @ 1:01PM - schedule on back

**Saturday
March 23** SCA Basketball Tournament
JH/HS Trap Shoot @ Izaak Walton (Crete)

**USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYEE*

**if/when the salad bar is available, it may be limited*

**milk availability may be limited*

**DOORS TO THE SCHOOL OPEN AT 7:45AM.
STUDENTS ARE NOT ALLOWED INSIDE UNTIL THIS TIME.**

PIONEER CONFERENCE INDOOR TRACK MEET DOANE COLLEGE, CRETE, NE - MARCH 20, 2024

Field Events - 9:30AM

Girls Shot put - followed by Boys Shot Put

Boys Discus - followed by Girls Discus

Girls Triple Jump - followed by Girls Long Jump - same Runway

Boys Triple Jump - followed by Boys Long Jump - same Runway

Boys Pole Vault - followed by Girls Pole Vault

Girls High Jump - followed by Boys High Jump

Running Events (Girls Heats followed by Boys) 12PM

4 x 800m Relay

60m Hurdles (Prelims)

60m Dash (Prelims)

400m Dash

3200m Run

60m Hurdles (Finals)

60m Dash (Finals)

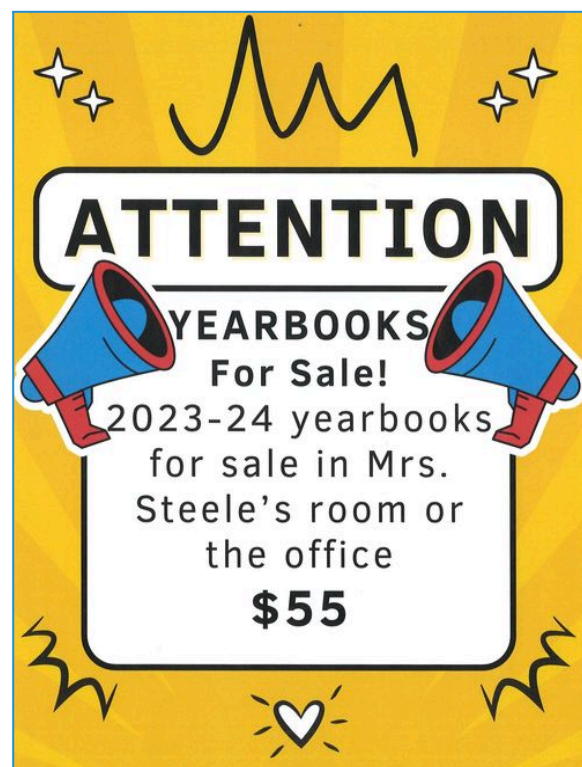
4 x 200m Relay

800m Run

200m Dash

1600m Run

4 x 400m Relay



PALMYRA TRIANGULAR - MARCH 22, 2024

Field Events - 3PM

Girls Shot Put followed by Boys Shot Put (Shot put area west of the track)

Boys Discus followed by Girls Discus (Northeast corner outside of track)

Boys High Jump followed by Girls High Jump (East end of track)

Boys Long Jump followed by Boys Triple Jump (West runway)

Girls Triple Jump followed by Girls Long Jump (East runway)

Girls PV followed by Boys PV (West end of football field)

Running Events - 4:30PM

4x800 Meter Relay G/B or together

100 Hurdles

110 Hurdles

100 Meter Dash G/B

1600 Meter Run G/B or together

4 x 100 Meter Relay G/B or together

400 Meter Dash G/B

300 Hurdles G/B

800 Meter Run G/B

200 Meter Dash G/B

3200 Meter Run

4 x 400 Meter Relay G/B or together

2024 ALUMNI BASKETBALL TOURNAMENT



March 23rd, 2024

Sterling High School

(250 Main St, Sterling, NE)

Sterling Community Building

(440 Illinois St, Sterling, NE)

All players must register from 7:30 - 8:30am

\$20 per person, teams must include at least 50% Sterling alumni or SCA members, maximum of 10 players per team, payouts for 1st and 2nd place winners, ref your own games

To register your team, please call or text Erika Thies (402) 921-0996

A fundraising tournament for the Sterling Community Association