

Weekly Bulletin

Sterling Public Schools

April 19-27, 2014

Saturday Women of Today Easter Egg Hunt – Sterling town park – 10 a.m.
April 19 Ages 0 to 3rd grade. (If it rains the Easter Egg Hunt will be in the school gym.)

Monday **NO SCHOOL** – *Spring Break*
April 21 Track practice - TBA

Tuesday Breakfast Menu: Waffles, Sausage or Cereal/Sausage, fruit, milk
April 22 Menu: Tomato Soup, cheese sandwich, romaine lettuce salad, applesauce
Mid Quarter Reports
Irish Invite @ Syracuse – 9:30 a.m. Bus leaves at 7:51 a.m.
MUDECAS JH Quiz Bowl @ Freeman – 1:30 p.m.

Wednesday Breakfast Menu: Cereal, WG Toast, fruit, milk
April 23 Menu: Hamburger, ff and/or swt. ff, tomatoes, pears
NE Nebraska Show Choir Assembly – 8:10 a.m.
Track practice before school

Thursday Breakfast Menu: Scrambled Eggs, WG Toast or Cereal/ WG Toast, fruit, milk
April 24 Menu: Potato Bake, ham or tuna salad sandwich, string cheese, mandarin oranges
District Music Contest @ JCC Tecumseh – Bus leaves @ 8:15 a.m.
JCC JH Track Meet @ Tecumseh – 4 p.m. – Bus leaves @ 2:45 p.m.
Track practice after school

Friday Breakfast Menu: Sausage Gravy Over WG Biscuits or Cereal/WG Toast, juice, milk
April 25 Menu: Chicken Tetrazzini, peas, coffee cake, peaches
Track practice after school

Saturday MUDECAS JH Track Meet @ Pawnee City – 9 a.m. Bus leaves at 7:15 a.m.
April 26

Sunday Jennifer Clark Benefit Breakfast – 9 a.m. to 1 p.m. in the School Cafeteria
April 27 Come support Mrs. Clark and Knock Out Breast Cancer – Freewill Donation
Sertoma Banquet – 6 p.m. in Beatrice

• NeSA Testing is still going on during this week. Please make sure to have your kids get a good night sleep and eat a good breakfast to help them get through the day and be prepared for testing. These tests are important to the children who are shooting to an outstanding job this year.

• **Jennifer Clark Benefit Breakfast – Sunday, April 27th** from 9 a.m. to 1 p.m. at the school cafeteria. Serving: Biscuits & Gravy, Scrambled Eggs, Fruit, Coffee, Juice. Freewill Donation

• More information on the back

* USDA is an equal opportunity provider and employer

IRISH INVITATIONAL TRACK MEET

Syracuse, NE
Tuesday, April 22, 2014

Coaches can pick up the heat and lane assignments at the track upon arrival. Please make your final scratches and substitutions before 9:00 AM so we can have a short meeting at 9:00 AM. Substitutes can be made only if you have scratched a previously entered athlete. Improvements in times will not be permitted at this time. If athletes should have slower times, please make those adjustments.

ORDER OF FIELD EVENTS: TO START AT 9:30 PM.

SERIES I	SERIES II
Boys Discus	Girls Discus
Girls Shot	Boys Shot
Boys High Jump	Girls High Jump
Boys Long Jump	Boys Triple Jump
Girls Triple Jump	Girls Long Jump
Girls Pole Vault	Boys Pole Vault

ORDER OF RUNNING EVENTS: TO START AT 12:30 PM.

3200 Meter Relay	Girls	Finals
3200 Meter Relay	Boys	Finals
100 Meter Hurdles	Girls	Prelims
110 Meter Hurdles	Boys	Prelims
100 Meter Dash	Girls	Prelims
100 Meter Dash	Boys	Prelims
400 Meter Dash	Girls	Finals
400 Meter Dash	Boys	Finals
3200 Meter Run	Girls	Finals
3200 Meter Run	Boys	Prelims
200 Meter Dash	Girls	Prelims
200 Meter Dash	Boys	Prelims

--BREAK--

LENGTH OF TIME: TBA

100 Meter Hurdles	Girls	Finals
110 Meter Hurdles	Boys	Finals
100 Meter Dash	Girls	Finals
100 Meter Dash	Boys	Finals
800 Meter Run	Girls	Finals
800 Meter Run	Boys	Finals
300 Meter Low Hurdles	Girls	Finals
300 Meter Int. Hurdles	Boys	Finals
200 Meter Dash	Girls	Finals
200 Meter Dash	Boys	Finals
1600 Meter Run	Girls	Finals
1600 Meter Run	Boys	Finals
400 Meter Relay	Girls	Finals
400 Meter Relay	Boys	Finals
1600 Meter Relay	Girls	Finals
1600 Meter Relay	Boys	Finals

WORK SCHEDULE JOHNSON COUNTY CENTRAL JH INVITE

FIELD EVENTS - 4:00 p.m.

Girls followed by Boys Shot Put (across street)	Johnson-Brock
Boys Discus (across street)	Sterling
Girls Discus (after girls shot put-SE Corner of track)	HTRS
Girls Long Jump-1 st -East Runway	Southern
Boys Long Jump-2 nd -East Runway	Lincoln Lutheran
Boys followed by Girls TJ-West Runway	Freeman
Boys followed by Girls Pole Vault	Pawnee City
Girls followed by Boys High Jump	JCC

Athletes are limited to four events. No more than three entries/event per school, and one relay per school.

PLEASE BRING EQUIPMENT NECESSARY FOR RUNNING OFF YOUR ASSIGNED EVENT.

RUNNING EVENTS - 5:00 p.m.

Timers	Pickers
1 st - Southern	1 st - Southern
2 nd - Johnson-Brock	2 nd - Johnson-Brock
3 rd - Lincoln Lutheran	3 rd - Lincoln Lutheran
4 th - Sterling	4 th - Sterling
5 th - Pawnee City	5 th - Pawnee City
6 th - Freeman	6 th - Freeman
7 th - HTRS	7 th - HTRS
8 th - JCC	8 th - JCC

100m Hurdles - Girls
110m Hurdles - Boys
100m Dash - Girls
100m Dash - Boys
400m Dash - Girls
400m Dash - Boys
1200m Run - Girls
1200m Run - Boys
200m Dash - Girls
200m Dash - Boys
800m Run - Girls
800m Run - Boys
400m Relay - Girls
400m Relay - Boys
1600m Relay - Girls
1600m Relay - Boys

Exchange Judges: Pawnee City, Lincoln Lutheran, Southern