

WEEKLY BULLETIN

Sterling Public Schools



March 30-April 7, 2018

Friday
March 30

**NO
SCHOOL**

TRACK Practice: 8-10AM

through

Monday
April 2

**EASTER
BREAK**

TRACK Practice: 4-6PM

Tuesday
April 3

Breakfast: WG Pancakes, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk
Lunch: Mini Corn Dogs, Green Beans, Baked Beans, Peaches
ACT Testing – Juniors @ St. John's Lutheran Church – 8AM
TRACK Practice: 4-6PM

Wednesday
April 4

EARLY OUT - 1:37PM

Breakfast: WG Cereal, WG Toast, Fruit/Juice, Milk
Lunch: BBQ Pork Sandwich, Corn, FF and/or Swt FF, Applesauce
STATE FFA CONVENTION @ LINCOLN
Mustang HS Track Invite @ Friend - 10AM - Bus leaves @ 7:33AM
*schedule of events on back

Thursday
April 5

Breakfast: Yogurt Parfait OR WG Cereal/WG Muffin, Fruit/Juice, Milk
Lunch: Pizza, Mixed Vegetables, Black Bean Salad, Mandarin Oranges
RSH - 7th period
STATE FFA CONVENTION @ LINCOLN – Vans leave @ 8AM
FBLA STATE LEADERSHIP CONVENTION @ OMAHA – Van leaves @ 8:30AM
HTRS JH Track Invite @ Pawnee City – 9:30AM - Bus leaves @ 8AM
*schedule of events on back
TRACK Practice: 4-6PM

Friday
April 6

Breakfast: Breakfast Boat OR WG Cereal/WG Muffin, Fruit/Juice, Milk
Lunch: Chicken & Noodles, Peas, WG Bread w/ Margarine, Pears
RSH - 6th period
STATE FFA CONVENTION @ LINCOLN – Bus leaves @ 7AM
FBLA STATE LEADERSHIP CONVENTION @ OMAHA
NSCAS State Testing – 5th Grade
TRACK Practice: 4-6PM

Saturday
April 7

FBLA STATE LEADERSHIP CONVENTION @ OMAHA – Van leaves @ 5:15AM or TBA
MUDECAS JH Track @ Freeman - 9AM - Bus leaves @ 8AM
*schedule of events 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!!!](#)



ACT TEST DATE: April 14, 2018

- REGISTRATION DEADLINE: March 9, 2018

- LATE REGISTRATION DEADLINE: March 10-23, 2018

HTRS JH Track Invite Thursday, April 5, 2018

Field Events:

Series 1 (9:30 am):

Girls Triple Jump	Boys Long Jump
Boys High Jump	Girls Discus (west)
Boys Discus (East)	Girls Pole Vault

Series 2 (To follow series 1):

Girls Long Jump	Boys Triple Jump
Girls High Jump	Girls Shot (north)
Boys Shot (south)	Boys Pole Vault

Track Events: 11:00 am [Girls followed by Boys]

800 Meter Relay
1600 Meter Run
Girls 100 Meter Hurdles
Boys 110 Meter Hurdles
100 Meter Dash
400 Meter Run
300 Intermediate Hurdles
800 Meter Run
200 Meter Dash

Short Break – If needed

400 Meter Relay
1600 Meter Relay

MUDECAS JH TRACK & FIELD

Freeman High School, Adams, NE

APRIL 7, 2018

SCHEDULE OF EVENTS

9:00 Field Event Start

Shot Put: boys followed by girls

Discus: girls followed by boys

High Jump: girls followed by boys

Pole Vault: boys followed by girls

Long Jump: boys followed by boys Triple Jump

Triple Jump: girls followed by girls Long Jump

11:30 Running Events (All Events Girls followed by Boys)

Girls / Boys	800 Meter Relay	Finals
Girls	100 Meter Hurdles (30")	Prelims
Boys	110 Meter Hurdles (33")	Prelims
Girls / Boys	100 Meter Dash	Prelims
Girls / Boys	400 Meter Dash	Finals
Girls / Boys	1600 Meter Run	Finals
Girls / Boys	200 Meter Dash	Prelims
Break (15-30 minutes)		
Girls	100 Meter Hurdles (30")	Finals
Boys	110 Meter Hurdles (33")	Finals
Girls / Boys	100 Meter Dash	Finals
Girls / Boys	800 Meter Run	Finals
Girls / Boys	300 Meter Low Hurdles (30")	Finals
Girls / Boys	200 Meter Dash	Finals
Girls / Boys	400 Meter Relay	Finals
Girls / Boys	1600 Meter Relay	Finals

MUSTANG INVITE

Wednesday, April 4, 2018

ORDER OF FIELD EVENTS

10:00 a.m.

2nd shift

Boy's Discus	Boy's Shot Put
Girl's Shot Put	Girl's Discus
Boy's Long Jump	Girl's Long Jump
Girl's Triple Jump	Boy's Triple Jump
Boy's High Jump	Girl's High Jump
Girl's Pole Vault	Boy's Pole Vault

TRACK EVENTS: (In All Events, Girls Will Run First)

12:30 (Running Events Take Priority over Field Events)

3200 Meter Relay	Finals
100 Meter High Hurdles (33") - Girl's	Prelims
110 Meter High Hurdles (39") - Boy's	Prelims
100 Meter Dash	Prelims
400 Meter Dash	Finals
3200 Meter Run - Girl's	Finals
3200 Meter Run - Boy's	Finals
200 Meter Dash	Prelims
100 Meter High Hurdles (33") - Girl's	Finals
110 Meter High Hurdles (39") - Boy's	Finals
100 Meter Dash	Finals
800 Meter Run	Finals
300 Meter Low Hurdles (30") - Girl's	Finals
300 Meter Int. Hurdles (36") - Boy's	Finals
200 Meter Dash	Finals
1600 Meter Run	Finals
400 Meter Relay	Finals
1600 Meter Relay	Finals