

WEEKLY BULLETIN

Sterling Public Schools



April 16-23, 2016

Saturday
April 16

MUDECAS JH Track Meet @ Pawnee City - 9AM - Bus leaves @ 7:15AM
PROM @ HARTMAN'S - Breathalyzer will be at the door from 6:30-7:15PM. Students have to be there before 7:15PM! Coronation will immediately follow at 7:15PM. Then, parents will be asked to leave and dinner will be served. The dance will be last until 11:30PM with Post Prom following at Freeman Public School in the South Gym.

Monday
April 18

Breakfast: Scrambled Eggs, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk
Lunch: Hamburger, FF and/or Swt. FF, Tomatoes, Mandarin Oranges
 MUDECAS JH Quiz Bowl @ Palmyra - 2PM - Van leaves @ 1PM
 NHS Blood Drive @ the Fire Hall from 12-6PM
TRACK Practice: TBA

Tuesday
April 19

Breakfast: Sausage Gravy over WG Biscuits OR WG Cereal, WG Biscuit, Fruit/Juice, Milk
Lunch: Tomato Soup, Romaine Lettuce Salad, Cheese Sandwich, Peaches
RSH - none
 Irish HS Track Invite @ Syracuse - 9:30AM - Bus leaves @ 7:52PM *Schedule on back

Wednesday
April 20

Breakfast: WG Cereal, WG Toast, Fruit/Juice, Milk
Lunch: Hot Dog on WG Bun, Corn, Baked Beans, Applesauce
RSH - none
SKILLSUSA CONVENTION @ OMAHA - Buses leave @ 9AM
TRACK Practice: 6:30AM

Thursday
April 21

NO SCHOOL - PREK
Breakfast: French Toast Sticks OR WG Cereal/WG Muffin, Fruit/Juice, Milk
Lunch: Spaghetti, Green Beans, WG Garlic Bread, Mixed Fruit
RSH - none
 Freeman JH Track Invite @ Adams - 1PM - Bus leaves @ 12PM *Schedule on back
SKILLSUSA CONVENTION @ OMAHA
TRACK Practice: after school

Friday
April 22

NO SCHOOL - SPRING BREAK
SKILLSUSA CONVENTION @ OMAHA
 District Music Contest @ Yutan - Bus leaves @ 7:10AM *Schedule on back
TRACK Practice: TBA

Saturday
April 23

MUDECAS HS Track Meet @ JCC - 9AM - Bus leaves @ 7:27AM *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 scores, follow us on Twitter: [@spsjetpride!!!](#)

IRISH HS TRACK INVITE

Tues, April 19, 2016 @ Syracuse

Field Events Time Schedule

9:30AM

SERIES 1

- Boys Discus
- Girls Shot
- Boys High Jump
- Boys Triple Jump
- Girls Triple Jump
- Girls Pole Vault

SERIES 2

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

Running Events Time Schedule

12:30PM

- 3200 M Relay
- 3200 M Relay
- 100 M Hurdles
- 110 M Hurdles
- 100 M Dash
- 100 M Dash
- 400 M Dash
- 400 M Dash
- 3200 M Run
- 3200 M Run
- 200 M Dash
- 200 M Dash

--BREAK--

- 100 M Hurdles
- 110 M Hurdles
- 100 M Dash
- 100 M Dash
- 800 M Run
- 800 M Run
- 300 M Low Hurdles
- 300 M Int. Hurdles
- 200 M Dash
- 200 M Dash
- 1600 M Run
- 1600 M Run
- 400 M Relay
- 400 M Relay
- 1600 M Relay
- 1600 M Relay

DISTRICT MUSIC CONTEST

April 22, 2016

Time	Event	Room
7:00	Load Bus	ROOM
7:10	Leave Sterling	
9:32	Band (Warm up - 9:10)	HS Gym
	BREAK	
11:18	Emma/Daniel - Mixed Vocal Duet	Orange 5
12:48	Emma Akers - Girls Vocal	Green 5
12:54	Jayda Furtado - Girls Vocal	Green 5
1:00	Erika Goracke - Girls Vocal	Green 5
1:06	Kari Hansen - Girls Vocal	Green 5
1:12	Marah Hestermann - Girls Vocal	Green 5
1:18	Jordan Pettigrew - Girls Vocal	Green 5
1:24	Sydney Porter - Girls Vocal	Green 5
1:30	Trisha Vermeer - Girls Vocal	Green 5
3:15	Concert Choir (W-Up 3:00)	HS Gym
	BUS #1 Leaves Yutan	
3:42	Micah Erickson - Piano solo	Red 5
3:48	Micah/Austin - Piano Duet	Red 5
3:54	Hannah/Nicole - Piano Duet	Red 5
4:00	Hannah Jasa - Piano solo	Red 5
4:12	Micah/Ben/Caleb/Thomas - L.Brass Ens.	Orange 5
5:00	Sheanna/Carly/Malayna - Sax Trio	Green 5
	BUS #2 Leaves Yutan	

*Always be at your performance room 10 minutes early. *If there are scratches you may be bumped up a slot. *Reminder-you are a guest of Yutan Public Schools and are representing our school, community, and yourself. Please be courteous, respectful, and helpful to others.

*Band Members- Uniforms, Instruments, Extra Oil/Reeds, & Music
*Choir Members- Black Pants/Skirt, Shirt, & Dress Shoes

Freeman JH Track Invite

Thursday, April 21, 2016

1PM Field Events

- Girls Shot then Boys Shot
- Boys Discus then Girls Discus
- Girls Long Jump then Boys Long Jump
- Boys Triple Jump then Girls Triple Jump
- Girls High Jump then Boys High Jump
- Boys Pole Vault then Girls Pole Vault

3PM Running Events (Girls then Boys)

- 3200 M Relay
- 100/110 M Hurdles
- 100 M Dash
- 400 M Dash
- 1600 M Run
- 200 M Dash
- 800 M Run
- 300 M Hurdles
- 400 M Relay
- 1600 M Relay

MUDECAS HS TRACK & FIELD CHAMPIONSHIPS

@ JOHNSON COUNTY CENTRAL
SATURDAY, APRIL 23, 2016

**STERLING
B DIVISION TEAM**

FIELD EVENTS TIME SCHEDULE

9AM

- Shot Put
- Shot Put
- Discus
- Discus

Session 1

- Boys B
- Girls B
- Boys A
- Girls A

Session 2

- Boys A (West Pad)
- Girls A (East Pad)
- Boys B (Pad 2-across the street, South of track)
- Girls B (Pad 1-SE corner of track)

- Long Jump (East runway)
- Triple Jump (West runway)
- High Jump
- Pole Vault

Session 1

- Boys A
- Girls A
- Boys B
- Girls B

Session 2

- Boys B
- Girls B
- Boys A
- Girls A

Session 3

- Girls A
- Boys A
- Girls B
- Boys B

Session 4

- Girls B
- Boys B
- Girls A
- Boys A

RUNNING EVENTS TIME SCHEDULE

11AM

(All events B Division followed by A Division)

Girls 3200M Relay

Boys 3200M Relay

--BREAK UNTIL FIELD EVENTS COMPLETE--

Girls 100M Hurdles

Boys 110M Hurdles

Girls 100M Dash

Boys 100M Dash

Girls 400M Dash

Boys 400M Dash

Girls 3200M Run

Boys 3200M Run

Girls 200M Dash

Boys 200M Dash

--BREAK--

Girls 100M Hurdles

Boys 110M Hurdles

Girls 100M Dash

Boys 100M Dash

Girls 800M Run

Boys 800M Run

Girls 300M Hurdles

Boys 300M Hurdles

Girls 200M Dash

Boys 200M Dash

Girls 1600M Run

Boys 1600M Run

Girls 400M Relay

Boys 400M Relay

Girls 1600M Relay

Boys 1600M Relay

MUDECAS HS TRACK MEET

SATURDAY, APRIL 23, 2016