

# WEEKLY BULLETIN

Sterling Public Schools



April 9-16, 2016

Saturday  
April 9

ACT Test Date  
STATE FBLA CONVENTION @ OMAHA

Monday  
April 11

**Breakfast:** Egg Taco OR WG Cereal, WG Muffin, Fruit/Juice, Milk  
**Lunch:** Chicken Nuggets, Mashed Potatoes w/ Gravy, Green Beans, Applesauce  
💡 Freeman HS Quiz Bowl @ Adams - 6PM - Van leaves @ 5PM  
👉 Wilber-Clatonia JH Track Invite @ Pawnee City - 3PM - Bus leaves @ 1:30PM  
\*Schedule on back  
**TRACK Practice:** after school

Tuesday  
April 12

**Breakfast:** WG Pancakes, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk  
**Lunch:** Submarines, Corn, Gelatin, Pears  
**RSH - none**  
👉 Lewiston HS Track Invite @ Pawnee City - 9:30AM - Bus leaves @ 7:43AM  
\*Schedule on back

Wednesday  
April 13  
Mid Quarter

**Breakfast:** Oatmeal OR WG Cereal/WG Muffin, Fruit/Juice, Milk  
**Lunch:** Chicken Noodle Soup, Romaine Lettuce Salad, PB&J Sandwich, Peaches  
**RSH - 1<sup>st</sup> period**  
CAN Meeting @ JCC - 8:30AM  
**TRACK Practice:** after school

Thursday  
April 14

**Breakfast:** Yogurt Parfait OR WG Cereal/WG Muffin, Fruit/Juice, Milk  
**Lunch:** Tacos, Broccoli w/ Cheese, Celery w/ PB, Pineapple Tidbits  
**RSH - none**  
👉 Pawnee City JH Track Invite @ Pawnee City - 10AM - Bus leaves @ 8:30AM  
\*Schedule on back  
**TRACK Practice:** after school  
**SCHOOL BOARD MEETING - 7:30PM**

Friday  
April 15

**Breakfast:** WG Cereal, WG Toast, Fruit/Juice, Milk  
**Lunch:** Pizza, Peas, Black Bean Salad, Mixed Fruit  
**TRACK Practice:** after school

Saturday  
April 16

👉 MUDECAS JH Track Meet @ Pawnee City - 9AM - Bus leaves @ 7:30AM  
\*Schedule on back  
**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.

\* 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](http://www.sterlingjets.org), our [Facebook](#) page, and for sports scores, follow us on Twitter: [@spsjetpride!!!](#)

**PAWNEE CITY JH TRACK INVITE**

Thursday, April 14, 2016 @ 9:45AM

**FIELD EVENTS SCHEDULE****10:00 AM**

Series 1

Boys &amp; Girls Discus

Boys Long Jump

Girls Triple Jump

Girls High Jump

Boys Pole Vault

**10:30 AM**

Boys &amp; Girls Shot Put

**11:00 AM**

Series 2

Girls Long Jump

Boys Triple Jump

Boys High Jump

Girls Pole Vault

**RUNNING EVENTS SCHEDULE****(To start at 12:15--No Finals)**

Girls 800 M Relay

Boys 800 M Relay

Girls 1600 M Run

Boys 1600 M Run

Girls 100 M Hurdles (30")

Boys 110 M Hurdles (33")

Girls 100 M Dash

Boys 100 M Dash

Girls 400 M Dash

Boys 400 M Dash

Girls 300 M Low Hurdles

Boys 300 M Low Hurdles

Girls 200 M Dash

Boys 200 M Dash

Girls 800 M Run

Boys 800 M Run

Girls 400 M Relay

Boys 400 M Relay

Girls 1600 M Relay

Boys 1600 M Relay

**WILBER-CLATONIA JH TRACK INVITE**

Monday, April 11, 2016 @ 3PM

**FIELD EVENTS SCHEDULE****3:00 PM**

Shot: Girls then Boys, West ring

Discus: Boys then Girls, West ring

High Jump: Girls then Boys

Pole Vault: Boys then Girls

Triple Jump &amp; Long Jump: Girls

Long Jump &amp; Triple Jump: Boys

**RUNNING EVENTS SCHEDULE****3:45 PM**

3200 M Relay Girls Finals

3200 M Relay Boys Finals

100 M Low Hurdles Girls Finals

110 M Low Hurdles Boys Finals

100 M Dash Girls Finals

100 M Dash Boys Finals

800 M Run Girls Finals

800 M Run Boys Finals

400 M Dash Girls Finals

400 M Dash Boys Finals

300 M Low Hurdles Girls Finals

300 M Low Hurdles Boys Finals

200 M Dash Girls Finals

200 M Dash Boys Finals

1600 M Run Girls Finals

1600 M Run Boys Finals

400 M Relay Girls Finals

400 M Relay Boys Finals

1600 M Relay Girls Finals

1600 M Relay Boys Finals

**LEWISTON HS TRACK INVITE**

Tuesday, April 12, 2016 @ Pawnee City

**Field Events Time Schedule****9:30AM**

Boys Discus then Girls Discus

Girls Shot Put then Boys Shot Put

Girls Long Jump then Girls Triple Jump

Boys High Jump then Girls High Jump

Boys Pole Vault then Girls Pole Vault

Boys Triple Jump then Boys Long Jump

**Running Events Time Schedule****12:30PM**

Girls/Boys 3200 M Relay Finals

Girls/Boys 100/110 M Hurdles Prelims

Girls/Boys 100 M Dash Prelims

Girls/Boys 400 M Dash Finals

Girls/Boys 3200 M Run Finals

Girls/Boys 200 M Dash Prelims

**(15 - 30 minute break)**

Girls/Boys 100/110 M Hurdles Finals

Girls/Boys 100 M Dash Finals

Girls/Boys 800 M Run Finals

Girls/Boys 300 M Hurdles Finals

Girls/Boys 200 M Dash Finals

Girls/Boys 1600 M Run Finals

Girls/Boys 400 M Relay Finals

Girls/Boys 1600 M Relay Finals

**MUDECAS JH TRACK MEET**

Saturday, April 16, 2016 @ JCC

**Field Events - 9AM**

	1 <sup>st</sup> Session	2 <sup>nd</sup> Session	Sterling: Class B Team	
Shot Put (South Pad)	Boys B	Boys A		
Shot Put (North Pad)	Girls B	Girls A		
Discus (East Pad)	Boys A	Boys B		
Discus (West Pad)	Girls A	Girls B		
Long Jump (Northeast)	Boys A	Boys B		
Long Jump (Southeast)	Girls B	Girls A		
Triple Jump (Northwest)	Girls A	Girls B		
Triple Jump (Southwest)	Boys B	Boys A		
	1 <sup>st</sup> Session	2 <sup>nd</sup> Session	3 <sup>rd</sup> Session	4 <sup>th</sup> Session
High Jump	Boys B	Boys A	Girls B	Girls A
Pole Vault	Girls B	Girls A	Boys B	Boys A

**Running Events - 11:30AM (All Events B followed by A)**

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