



**ST. ROSE TRACK TEAM
PRACTICE SCHEDULE
APRIL 26 - JUNE 9, 2026**



SUN APRIL 26	MON APRIL 27	TUE APRIL 28	WED APRIL 29	THU APRIL 30	FRI MAY 1	SAT MAY 2
NO PRACTICE	HADDON HEIGHT H.S. EVERYONE 6:00 - 7:15	AUDUBON H.S. GIRLS ONLY 6:00 - 7:15	AUDUBON H.S. BOYS ONLY 6:00 - 7:15	HADDON HTS. H.S. EVERYONE 6:00 - 7:15	AUDUBON H.S. EVERYONE 6:00 - 7:15	5TH MEET St. John Paul II Sterling H.S. 8:15 AM CHECK-IN 9:00 AM START Sterling H.S.
MAY 3	MAY 4	MAY 5	MAY 6	MAY 7	MAY 8	MAY 9
NO PRACTICE	AUDUBON H.S. EVERYONE 6:00 - 7:30	HADDON HTS. H.S. BOYS ONLY 6:00 - 7:30	AUDUBON H.S. GIRLS ONLY 6:00 - 7:30	HADDON HTS. H.S. EVERYONE 6:00 - 7:30	AUDUBON H.S. EVERYONE 6:00 - 7:30	6TH MEET Christ the King Resurrection 8:15 AM CHECK-IN/ 9:00 AM START Haddon Heights H.S.
<i>For those in the play, I will look at what you've done throughout the season since you will not be able to attend practice and do runoffs, throwoffs or jumpoffs!</i>						
THIS WEEK - CHAMPIONSHIP TEAM RUNOFFS, THROWOFFS AND JUMPOFFS (WHERE NECESSARY)						
IMPORTANT-Practices will be until 7:30 this week & next week (May 4-15) so that we can get in all that we need to get done to be ready for the Championship Meet on May 17. Only 2 children can be in each event in each age group, so a Championship Team will be selected & announced on Thursday, May 7.						*8th Graders & Parents Appreciation*
MAY 10	MAY 11	MAY 12	MAY 13	MAY 14	MAY 15	MAY 16
NO PRACTICE Happy Mother's Day to all the MOMS!!! 	ALL CHAMPIONSHIP TEAM MEMBERS	ALL CHAMPIONSHIP TEAM MEMBERS	ALL CHAMPIONSHIP TEAM MEMBERS	ALL CHAMPIONSHIP TEAM MEMBERS	ALL CHAMPIONSHIP TEAM MEMBERS	<i>Have some carbs tonight & go to bed early so you'll be ready for our BIG MEET TOMORROW!!!</i>
<<<<< ----- AUDUBON H.S. 6:00 - 7:30 ----- >>>>>						
IF YOU MAKE THE CHAMPIONSHIP TEAM, YOU MUST ATTEND SOME PART OF EVERY PRACTICE THIS WEEK!						
MAY 17	MAY 18	MAY 19	MAY 20			
CHAMPIONSHIP MEET Christ the King Resurrection St. Joan of Arc St. John Paul II 7:45 CHECK-IN 8:30 START PAUL VI HIGH SCHOOL 	RAINDATE FOR CHAMPIONSHIP MEET! 	* MEET OF * * CHAMPIONS * STERLING H.S. 4:30 CHECK-IN FOR FIELD EVENTS 5:15 CHECK-IN FOR RUNNING EVENTS	RAINDATE FOR MEET OF CHAMPS 	IT HAS BEEN A WONDERFUL TRACK SEASON. I HOPE YOU HAD AS MUCH FUN AS WE DID!!		
TUESDAY, JUNE 9, 2026 - 6:00 PM TRACK TEAM NIGHT - ST. ROSE CAFETERIA						

WE WILL BE ANNOUNCING THE CHAMPIONSHIP TEAM ON THURSDAY, MAY 7TH AT THE END OF PRACTICE. IF YOU MAKE THE CHAMPIONSHIP TEAM, **YOU MUST ATTEND SOME PART OF PRACTICE EVERY DAY DURING THE WEEK OF MAY 11-15** in order to be prepared for the Championship Meet. **THIS IS THE ONLY TIME I ASK YOU NOT TO MISS ANY PRACTICES.** Please notify your other coaches from your other activities & explain the situation to them **NOW**. They should be as UNDERSTANDING as I've been ALL SEASON.

If you CANNOT make this **COMMITMENT TO THE TEAM OR HAVE CONFLICTS/QUESTIONS, PLEASE LET ME**

KNOW IMMEDIATELY (856.547.3247), so we can try to figure something out or so I can plan accordingly and put someone else on the Championship Team and/or in your event.

*** IMPORTANT NOTES FOR PARENTS AND CHILDREN ***

MEET OF CHAMPIONS:

TUESDAY, MAY 19, 2026

1ST, 2ND & 3RD PLACE FINISHERS FROM ALL EVENTS AT THE CHAMPION MEET COMPETE AGAINST THE 1ST, 2ND & 3RD PLACE FINISHERS FROM DIVISION B!!

TRACK TEAM NIGHT:

TUESDAY, JUNE 9 - 6:00 PM - CAFETERIA

ALL TRACK TEAM MEMBERS SHOULD ATTEND. TEAM MEMBERS FROM BOTH THE BOYS & GIRLS TRACK TEAMS WILL BE RECOGNIZED AT THIS EVENT, AS WELL AS SPECIAL RECOGNITION TO 8TH GRADE TEAM MEMBERS & AWARDS FOR SPECIAL ACHIEVEMENTS!!! CERTIFICATES WILL BE GIVEN TO ALL AND MEDALS & RIBBONS FROM THE CHAMPIONSHIP MEET WILL ALSO BE GIVEN OUT. ALL TEAM MEMBERS, SIBLINGS & PARENTS ARE INVITED!!!