

# Blue Knights High School Track and Field Program



## Practice and Track Meet Schedule

### Training Schedule:

- **SEASON KICKOFF PRACTICE:** Tuesday February 26<sup>th</sup> from 6:30-7:30 @ Stone Creek Elementary School (1850 Hwy Z, Wentzville, MO)
- Practices will begin Tuesday, March 5<sup>th</sup> from 5:00-6:30 pm at Christian High School (CHS).
- We will practice every Tuesday and Friday from 5:00-6:30 at CHS-1145 Tom Ginnever Ave. O'Fallon, MO, unless there is a scheduled track meet on a practice day
- Instructions for on-your-own workouts will be given out by the coaches for the days we do not practice.

**Tentative High School Track Meet Schedule:** Weekday meets you will need to be to the location by 3pm, Saturday meets you will need to be there by 8:30 am

**March 19<sup>th</sup>**-Lutheran North High School (5401 Lucas and Hunt Rd. St. Louis, MO 63121)

**March 25<sup>th</sup>**- La Plata Sports Complex in La Plata, MO (We will meet at the Foristell commuter parking lot, south of I-70, at 12 pm to car pool)

**April 2<sup>nd</sup>**-Bowling Green High School (700 W Adams St., Bowling Green, MO 63334)

**\*April 6<sup>th</sup>**- Timberland HS (559 E Highway N, Wentzville, MO 63385)

**April 13<sup>th</sup>**-Rockwood Summit High School (1780 Hawkins Rd. Fenton, MO 63026)

**\*April 20<sup>th</sup>**-Ladue Invitational **Varsity Only**

**April 26<sup>th</sup>**-Lutheran High School (5100 Mexico Rd. Saint Peters, MO 63376)

**\*April 27<sup>th</sup>**- Kirkwood Invite (801 W Essex Ave., Saint Louis, MO 63122)-**Varsity Only**

**May 8<sup>th</sup>-9<sup>th</sup>** - Home school Nationals (Southwest Baptist University, 1660 South Pike Ave. Bolivar, MO 65613)

**Tentative Middle School Meet Schedule:** Weekday meets you will need to be to the location by 3pm, Saturday meets you will need to be there by 8:30 am

**March 25<sup>th</sup>**- La Plata Sports Complex in La Plata, MO (we will car pool as a team to this meet)

**April 13<sup>th</sup>**- Warrenton High School: (803 Pinckney St. Warrenton, MO 63348)

**April 16<sup>th</sup>**-Winfield MS Invitational (3920 E Highway 47, Winfield, MO 63389)

**\*April 25<sup>th</sup>**-Holt HS-Middle School Meet: 600 Campus Dr. Wentzville, MO 63385

**May 8<sup>th</sup>-9<sup>th</sup>** - Home school Nationals (Southwest Baptist University, 1660 South Pike Ave. Bolivar, MO 65613)