

SUNSET TRACK & FIELD 2024 SCHEDULE OF EVENTS

FEB/MARCH 2024

OFFICIAL MANDATORY PRACTICES BEGIN – ATHLETIC CLEARANCE REQUIRED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Week 1	26 1 st Day Practice at 3:00	27 Practice at 3:00	28 Octathlon Day 1 Practice at 2:45	29 Practice at 3:00	1 Octathlon Day 2 Practice at 2:45	2
3 Week 2	4 Practice at 3:00	5 Practice at 3:00	6 Hour-a-thon lower commons 2:45 Practice at 3:45	7 Practice at 3:00	8 Practice at 3:00	9
10 Week 3	11 Practice at 3:00	12 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	13 Dual Meet Sunset @ Jesuit	14 PR Meeting in the Main Gym at 2:55, practice after.	15 Practice at 3:00	16
17 Week 4	18 Practice at 3:00	19 Practice at 3:00 MS Practice 5-6:30	20 BYE Week Practice at 3:00	21 Sam Barlow Invitational Select Varsity** Optional Practice	22 Practice at 3:00	23 Spring Break
24 Week 5 Spring Break	25 Spring Break	26 Spring Break	27 Spring Break	28 Spring Break	29 Spring Break	30 Spring Break

APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Week 6 Spring Break	1 Practice at 3:00	2 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	3 Dual Meet Sunset @ Mountainside	4 PR Meeting in the Main Gym at 2:55, practice after.	5 Sunset Team Challenge @ Sunset	6
7 Week 7	8 Practice at 3:00	9 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	10 Dual Meet Aloha @ Sunset	11 PR Meeting in the Main Gym at 2:55, practice after.	12 Practice at 3:00	13 @ Sherwood Invitational Select Varsity**
14 Week 8	15 Practice at 3:00	16 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	17 Dual Meet Sunset @ Southridge	18 PR Meeting in the Main Gym at 2:55, practice after. MS Track Meet 4:45-	19 Practice at 3:00	20
21 Week 9	22 Practice at 3:00	23 Practice at 3:00	24 Dual Meet Westview @ Sunset	25 Practice at 3:00	26 @ Jesuit Twilight Relays Select Varsity**	27

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Week 10	29 Practice at 3:00	30 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	1 Dual Meet Beaverton @Sunset	2 PR Meeting in the Main Gym at 2:55, practice after.	3 JV Districts @ Sunset* Varsity Practice at 3:00	4
5 Week 11	6 Practice at 3:00 District Qualifiers Only	7 Practice at 3:00 District Qualifiers Only	8 Varsity Districts Day 1 @ BHS	9 Practice at 3:00 District Qualifiers Only	10 Varsity Districts Day 2 @ BHS	11
12 Week 12	13 Practice at 3:00 State Qualifiers Only	14 Practice at 3:00 State Qualifiers Only	15 Practice TBD State Qualifiers Only	16 Practice TBD State Qualifiers Only	17 State Meet @ Hayward Field	18 State Meet @ Hayward Field
19	20	21	22	23	24	25

* Schools are limited in entries for JV districts. **Non-invite competitors will have practice at normal time