

# SUNSET TRACK & FIELD 2023 SCHEDULE OF EVENTS

## FEB/MARCH 2023

OFFICIAL MANDATORY PRACTICES BEGIN – ATHLETIC CLEARANCE REQUIRED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Week 1	27 1 <sup>st</sup> Day Practice at 3:00	28 Practice at 3:00	1 Practice at 3:00	2 Practice at 3:00	3 Practice at 3:00	4
5 Week 2	6 Practice at 3:00	7 Octathlon Day 1 Practice at 2:45	8 Hour-a-thon in lower commons at 2:45	9 Octathlon Day 2 Practice at 2:45	10 Practice at 3:00 Spike Night at Foot Traffic	11
12 Week 3	13 Practice at 3:00	14 Practice at 3:00	15 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05 Team Pictures @ 4	16 @ Union HS Ice Breaker Entire Team	17 PR Meeting in the Commons at 2:55, practice after.	18
19 Week 4	20 Practice at 3:00	21 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	22 Dual Meet Mountainside @ Sunset	23 PR Meeting in the Commons at 2:55, practice after.	24 Practice at 3:00	25 Spring Break
26 Week 5 Spring Break	27 Spring Break	28 Spring Break	29 Spring Break	30 Spring Break	31 Spring Break	1 Spring Break

## APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Week 6 Spring Break	3 Practice at 3:00	4 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	5 Dual Meet Southridge @ Sunset	6 PR Meeting in the Commons at 2:55, practice after	7 @ Newberg Chehalem Classic Select Varsity**	8
9 Week 7	10 Practice at 3:00	11 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	12 Dual Meet Sunset @ Westview	13 PR Meeting in the Commons at 2:55, practice after	14 Practice at 3:00	15
16 Week 8	17 Practice at 3:00	18 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	19 Dual Meet Jesuit @ Sunset	20 PR Meeting in the Commons at 2:55, practice after -MS Meet 4:45-7:30	21 Practice at 3:00 Oregon Relays Select Varsity**	22 Oregon Relays Select Varsity
23 Week 9	24 Practice at 3:00	25 Practice at 3:00	26 BYE Week Practice at 3:00	27 Practice at 3:00	28 @ Jesuit Twilight Relays Select Varsity**	29

## MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Week 10	1 Practice at 3:00	2 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	3 Dual Meet Sunset @ Beaverton	4 PR Meeting in the Commons at 2:55, practice after	5 @Gresham Dean Nice Inv. Select Varsity**	6
7 Week 11	8 Practice at 3:00	9 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	10 Dual Meet Sunset @ Aloha	11 PR Meeting in the Commons at 2:55, practice after	12 JV Districts @ Southridge* Varsity Practice at 3:00	13
14 Week 12	15 Practice at 3:00 District Qualifiers Only	16 Practice at 3:00 District Qualifiers Only	17 Varsity Districts Day 1 @ Jesuit	18 Practice at 3:00 District Qualifiers Only	19 Varsity Districts Day 2 @ Jesuit	20
21 Week 13	22 Practice at 3:00 State Qualifiers Only	23 EOY Awards in Auditorium at 6:00pm Practice at 3:00 State Qualifiers Only	24 Practice TBD State Qualifiers Only	25 Practice TBD State Qualifiers Only	26 State Meet @ Hayward Field	27 State Meet @ Hayward Field

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