



# Mendham Magic Track & Field

## 2014 Practice Schedule revised 4/4/2014

Please note: age groups are determined by an athlete's age as of **12/31/2014**

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**CLINIC (8 and under; born 2006 and later): Begins March 31st and runs through May 30th**

1. Monday - 5:30 to 6:30 at Ralston Fields (meet on track on soccer field)
2. Wednesday - 5:30 to 6:30 at Mendham Twp Elementary School (meet on soccer field)

**Long Jump Practice for Clinic – starting week of April 14:**

**\* flexibility to come and go within these times - 8 and unders should plan to stay no longer than 30 minutes for long jump practice - plan to come either Thursday or Friday**

1. Thursday - 6:45 to 7:45 at West Morris Mendham High School
2. Friday - 6:45 to 7:45 at West Morris Mendham High School

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### March 10<sup>th</sup> - April 11<sup>th</sup>

**9 and 10 (born 2004 or 2005):**

1. Monday - 5:30 to 6:30 at Mendham Twp Elementary School (meet on soccer field)
2. Tuesday - 5:30 to 6:30 at Mendham Twp Elementary School (meet on soccer field)
3. Thursday - 5:30 to 6:30 at Mendham Twp Elementary School (meet on soccer field)

**11 and older (born 2003 and earlier): All Distance and Sprinters**

1. Monday - 5:30 to 6:30 at Mendham Twp Middle School (meet on fields behind school)
2. Wednesday - 5:30 to 6:30 at Mendham Twp Middle School (meet on fields behind school)
3. Friday - 5:30 to 6:30 Mendham Twp Middle School (meet on fields behind school)

**\*\* If you have athletes in both 9-10 and 11 & up groups please pick-up your 9-10 year old first  
A coach will wait until all athletes have been picked up**

**\*\*\*Week of April 7 LONG JUMP and SHOT PUT Practice Schedule\*\*\***

**Shot Put Practice 9 and up ONLY**

**Tuesday and Friday 6:45 to 7:45 - West Morris Mendham High School**

**Long Jump Practice 9 and up ONLY**

**Friday 6:45 – 7:30 - Mendham Township Elementary School – indoor gym**

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# Mendham Magic Track & Field

## 2014 Practice Schedule revised 4/4/2014

**April 14<sup>th</sup> - June 5<sup>th</sup> \*\***

**9 and 10 (born 2004 or 2005):**

Monday - 6:45 to 7:45 at West Morris Mendham High School track  
Tuesday - 5:30 to 6:30 at Mendham Twp Elementary School (meet on soccer field)  
Thursday - 5:30 to 6:30 at Mendham Twp Elementary School (meet on soccer field)  
Friday - **field** events (see below)

**11 and older (born 2003 and earlier):**

Monday - Friday      6:45 to 7:45 at West Morris Mendham High School track  
**(per schedule below)**

MEETING PLACE: On the track if not in use - otherwise meet at the concession stand

**DISTANCE:**      Monday - fields/roads  
                         Tuesday - track workout  
                         Thursday - track workout  
                         Friday - **field** events (both shot put and long jump, see below)

**SPRINTERS:**    Monday - field/turf station workouts  
                         Tuesday - **shot put** (see below)  
                         Wednesday - track workout  
                         Thursday - **long jump** (see below)  
                         Friday - track workout

\*\* The final practice for those attending the Lakeland Open Meet will be Friday, May 30<sup>th</sup>  
Individuals participating in the Lakeland Championship Meet will practice through June 5<sup>th</sup>

**Field Events**                      All ages may **Long Jump**                      **Must be 9 and older for Shot Put**

**Sprinters:** Shot put - Tuesday - 6:45 to 7:45\* at West Morris Mendham High School  
                         Long Jump - Thursday - 6:45 to 7:45\* at West Morris Mendham High School  
**Distance:** Shot put & long jump - Friday - 6:45 to 7:45\* at West Morris Mendham High School

**\* Flexibility to come and go within these times**

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