



Mendham Magic Track & Field 2009 Practice Schedule

Please note: age groups are determined by child's age as of 12/31/2009

CLINIC (8 and under; born 2001 and later): BEGINS MARCH 30th - May 26th

1. Monday – 5:30 to 6:30 @ Mendham Township Elementary School (meet on soccer field)
2. Wednesday – 5:45 to 6:45 @ West Morris **Central** High School – **Chester** (meet on track)

Early Season Additional Practice Sessions: **Friday, April 3rd** and **Friday, April 10th** only

1. All athletes – 5:30 to 6:30 @ Mendham Township Elementary School (meet on soccer field)
2. Long Jump (8 year olds ONLY) – 6:45 to 8:00 @ West Morris **Mendham** High School

March 16th – March 27th

All athletes will work together the first one to two weeks of practice for initial conditioning and evaluation before splitting into sprint and middle distance groups.

9 and 10s (born 1999 or 2000):

1. Monday – 5:30 to 6:30 @ Mendham Township Elementary School (meet on soccer field)
2. Wednesday – 5:30 to 6:30 @ Mendham Township Elementary School (meet on soccer field)
3. Friday – 5:30 to 6:30 @ Mendham Township Elementary School (meet on soccer field)

11 and older (born 1998 and earlier):

1. Monday – 5:30 to 6:45 @ Mendham Township Middle School (meet on fields behind school)
2. Wednesday – 5:45 to 7:00 @ West Morris **Central** High School – **Chester** (meet on track)
3. Friday – 5:30 to 6:45 @ Mendham Township Middle School (meet on fields behind school)

All athletes (9 and older) field events – Shot Put and Long Jump:

1. Wednesday – 5:45 to 7:00 @ West Morris **Central** High School – **Chester**



Mendham Magic Track & Field 2009 Practice Schedule

March 30th – June 3rd

9 and 10s (born 1999 or 2000):

Monday – 6:45 to 8:00 @ West Morris **Mendham** High School (meet at the concession stand)
Tuesday – 5:30 to 6:30 @ Mendham Township Elementary School (meet on soccer field)
Thursday – 5:30 to 6:30 @ Mendham Township Elementary School (meet on soccer field)
Friday – field events (see below)

11 and older (born 1998 and earlier):

6:45 to 8:00 @ West Morris **Mendham** High School track

MEETING Monday – top of hill behind concession stand
PLACE: All other days – at the concession stand

WARM-UPS: 6:45 to 7:00 OFF TRACK!! (see meeting place) 7:00 ON TRACK!!

DISTANCE: Monday – fields/roads
Tuesday, Thursday – track workout
Fridays – field events (see below)

SPRINTERS: Monday – fields/roads
Tuesday – field events (see below)
Wednesday, Friday – track workout

Field Events 8 and older for Long Jump 9 and older for Shot Put

** flexibility to come and go within these times*

1. Tuesday – 6:45 to 8:00 @ West Morris **Mendham** High School
2. Friday – 6:45 to 8:00 @ West Morris **Mendham** High School
