

# South Caldwell Track & Field Schedule

## Spring 2023

Wed	Mar 1	Inter Squad (reduced events) * No spectators / closed practice	@ South Caldwell
Wed	Mar 8	Freedom, South Caldwell, Watauga	@ Freedom
Wed	Mar 15	Alexander, South Caldwell, Freedom	@ South Caldwell
Wed	Mar 22	Hibriten, South Caldwell, Watauga	@ Hibriten
<b>Sat</b>	<b>Mar 25</b>	<b>SPARTAN INVITE</b>	<b>@ South Caldwell</b>
Wed	Mar 29	South Caldwell, Watauga, Alexander	@ Alexander
Thur	Mar 30	Middle School Meet (SC Host)	@ South Caldwell
<b>Sat</b>	<b>Apr 1</b>	<b>PORTER RELAYS</b>	<b>@ Hibriten</b>
<b>Wed</b>	<b>Apr 5</b>	<b>CALDWELL CHAMPIONSHIP</b> Hibriten, West Caldwell, South Caldwell	<b>@ Hibriten</b>
		<b>Spring Break - 4/7-4/15</b> * Team will practice	
Wed	Apr 19	South Caldwell, Hibriten, Freedom	@ South Caldwell
<b>Sat</b>	<b>Apr 22</b>	<b>BLUE RIDGE CLASSIC</b>	<b>@ AC Reynolds</b>
Wed	Apr 26	9th & 10th Grade Meet	@ Watauga
<b>Wed</b>	<b>May 3</b>	<b>Conference Championships</b>	<b>@ Ashe</b>
Thur	May 4	Middle School Championship Meet (Host SC)	@ South Caldwell
Thur	May 4	Rain Date for Conference Championships	@ Ashe
Sat	May 6	Regional Entries Due	
<b>Sat</b>	<b>May 13</b>	<b>Regional Championships</b>	<b>@ Charlotte or Watauga</b>
<b>Sat</b>	<b>May 20</b>	<b>State Championships</b>	<b>NC A&amp;T University</b>

- Daily practice: Mon-Fri 3:15-4:45pm, Track open until 5pm for stretching daily
- Select Saturdays, Track will open up for optional workouts.
- Reserve all meet days including Saturday Invitationals
- Weekday Meets start at 5:00pm, 4:30pm, or earlier depending on Host School - team will travel by bus
- Saturday Meets are high level of competition - please reserve these dates!
- On Middle School Meet days, HS athletes will complete a short workout and then assist running meet.

