



South Caldwell Track & Field Schedule Spring 2024

Wed	Feb 28	Inter Squad (reduced events) * No spectators / closed practice	@ South Caldwell
Wed	Mar 6	Hibriten, South Caldwell, Watauga	@ South Caldwell
Wed	Mar 13	Alexander, Freedom, South Caldwell	@ Freedom
Wed	Mar 20	Alexander, Ashe, South Caldwell	@ Alexander
Sat	Mar 23	SPARTAN INVITATIONAL	@ SOUTH CALDWELL
Wed	Mar 27	CALDWELL CHAMPIONSHIP <i>Hibriten, South Caldwell, West Caldwell</i>	@ WEST CALDWELL
		Spring Break - 3/29 - 4/5	* Team will practice
Sat	Apr 6	INVITATIONAL TBA	@ TBA
Wed	Apr 10	Ashe, South Caldwell, Watauga	@ Watauga
Thur	Apr 11	<i>Middle School Meet #3</i>	@ South Caldwell
Wed	Apr 17	Ashe, Hibriten, South Caldwell	@ Ashe
Sat	Apr 20	WARRIOR INVITATIONAL	@ WEST CALDWELL
Wed	Apr 24	Ashe, Freedom, South Caldwell <i>SENIOR MEET</i>	@ South Caldwell
Wed	May 1	Conference Championships <i>(Rain Date of Thur May 2)</i>	@ Ashe
Thur	May 2	Middle School Conference Championship <i>(Rain Date of Mon May 6)</i>	@ South Caldwell
Sat	May 4	Regional Entries Due	
Sat	May 11	Regional Championships	@ Charlotte or Watauga
Sat	May 17	State Championships	NC A&T University

- *Daily practice: Mon-Fri 3:15-5:00pm, 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.*

