

2019 Bruin Girls Track and Field Practice and Meet Schedule

No individual shall compete in any MHSA contest until she has a minimum of (10) days of track and field practice and at least one practice session per day on (10) different days prior to the date of the first allowable contest.

March 11	Practice 3:45 – 6:00	First Official Day of Track
March 12	Practice 3:45 – 6:00	
March 13	Practice 3:45 – 6:00	
March 14	Practice 3:45 – 6:00	
March 15	Practice 3:45 – 6:00	
March 16	Practice 7:30 – 9:00	Parent Meeting and Booster BBQ 9:00 (Gym)

Booster Club Website - <http://chs.helenaschools.org/chs-bruin-booster-club/>

March 18	Practice 3:45 – 6:00	Athletes must attend all practice. Communication is necessary for any illness or missed practice
March 19	Practice 3:45 – 6:00	Support your Teammates – Stay for the whole practice and meet – If you need to leave early, you must have permission
March 20	Practice 3:45 – 6:00	Healthy Habits – Balanced Life - Sleep, Nutrition, Water – Eat Breakfast and Lunch – Stretch and Ice
March 21	Practice 3:45 – 6:00	
March 22	Practice 3:45 – 6:00	
March 23	No Practice - Spring Break	

March 25	No Practice - Spring Break	
March 26	No Practice - Spring Break	
March 27	Practice	***There will be practice Wednesday-Saturday of Spring Break. Practice times are TBD by event coaches. You are expected to be at practice.
March 28	Practice	Practice times are TBD by event coaches
March 29	Practice	Practice times are TBD by event coaches
March 30	Practice	Practice times are TBD by event coaches

April 1	Practice 3:45 – 6:00	
April 2	CMR (Great Falls)	3:00 V-JV-Fr
April 3	Practice 3:45 – 6:00	Athletes should travel to and from meets with the team, but can travel home with parents provided they are signed out by their parent with Coach McMahon
April 4	Practice 3:45 – 6:00	
April 5	Practice 3:45 – 6:00	
April 6	Belgrade/HHS @ (Home) Vig	10:30 V-JV-Fr

April 8	Practice 3:45 – 6:00	
April 9	Practice 3:45 – 6:00	
April 10	Practice 3:45 – 6:00	Report injuries immediately – "RICE" for most problems
April 11	Practice 3:45 – 6:00	
April 12	Practice 3:45 – 6:00	
April 13	Bozeman/GFH (Bozeman)	11:00 V-JV-Fr

April 15	Practice 3:45 – 6:00	
April 16	Practice 3:45 – 6:00	
April 17	Practice 3:45 – 6:00	
April 18	Freshman Invite @ (H) Vig	3:30 Freshman Only
April 19	Great Falls Inv. (Great Falls)	11:00 Varsity only
April 20	No Practice	

April 22	Practice 3:45 – 6:00	
April 23	Top 10 Invite (Missoula)	3:30 Varsity Invite only/All others Practice as normal
April 24	Practice 3:45 – 6:00	
April 25	Small Schools @ (H) Vig	3:30 JV
April 26	Practice 3:45 – 6:00	
*April 27	Skor/Dekam @ (H)	9:30 Varsity only
*April 27	Freshman Invite (Missoula)	10:00 Freshman only

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April 29	Practice 3:45 – 6:00
April 30	Practice 3:45 – 6:00
May 1	Practice 3:45 – 6:00
May 2	Freshman Invite (Great Falls) 3:30 Freshman Only/Varsity and JV practice
May 3	Vigilante Day – Practice and Team Meeting 3:30-5:30
May 4	Big Sky/GFH @ (Home) Vig 10:30 V-JV-Fr

May 6	Practice 3:45 – 6:00
May 7	Helena High @ (Home) Vig 3:30 V-JV-Fr
May 8	Divisional Team Announced ****Divisional Team will practice. Others will turn in equipment and voting will take place for team awards.
May 9	Practice 3:45 – 6:00
May 10	Practice 3:45 – 6:00
May 11	Practice 9:00 – 11:00

May 13	Practice 3:45 – 6:00
May 14	Practice 3:45 – 6:00
May 15	Practice 3:45 – 6:00
May 16	Practice 3:45 – 6:00
May 17	Divisionals (Helena) TBD Divisional Track Team Only
May 18	Divisionals (Helena) TBD Divisional Track Team Only

May 20	Practice 3:45 – 6:00
May 21	Practice 3:45 – 6:00
May 22	Practice 3:45 – 6:00
May 23	State (Kalispell) TBD ***Athletes must qualify at Divisionals by placing in the Top 6 or have met AA State Track Qualifying Standards
May 24	State (Kalispell) TBD ***Athletes must qualify at Divisionals by placing in the Top 6 or have met AA State Track Qualifying Standards
May 25	State (Kalispell) TBD ***Athletes must qualify at Divisionals by placing in the Top 6 or have met AA State Track Qualifying Standards

May 29 (Wednesday) Awards Night (CHS Cafeteria) 5:30