

2020 Bruin Girls Track and Field Practice and Meet Schedule

January 18 (Saturday) – Concessions Fundraiser – Girls and Boys BB vs Sentinel (See Coach Mac if you can help)

February 19 (Wednesday) – Informational Meeting (Fitness Center)

March 3rd and March 4th (Tues./Wed.) – Early Track Sign Up and Collect Forms 3:30-4:30 Fitness Center

| | | |
|-----------------|----------------------|---|
| March 9 | Practice 3:30 – 5:40 | First Official Day of Track |
| March 10 | Practice 3:30 - 5:40 | 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 3:30 - 5:40 | |
| March 12 | Practice 3:30 - 5:40 | |
| March 13 | Practice 3:30 - 5:40 | Athletes must attend all practices. Communication is necessary for any illness or missed practice |
| March 14 | Practice 9:00- 10:30 | |

| | | |
|-----------------|---|--|
| March 16 | Practice 3:30 - 5:40 | |
| March 17 | Practice 3:30 - 5:40 | Support your Teammates – Stay for the whole practice and meet – If you need to leave early, you must have permission |
| March 18 | Practice 3:30 - 5:40 | |
| March 19 | Practice 3:30 - 5:40 | Healthy Habits – Balanced Life - Sleep, Nutrition, Water – Eat Breakfast and Lunch – Stretch and Ice |
| March 20 | Practice 3:30 - 5:40 | |
| March 21 | Parent Meeting and Booster BBQ 9:00 (Gym) | |

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

| | | |
|-----------------|----------------------|--|
| March 23 | Practice 3:30 - 5:40 | |
| March 24 | Practice 3:30 - 5:40 | |
| March 25 | Practice 3:30 - 5:40 | |
| March 26 | Practice 3:30 - 5:40 | 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 |
| March 27 | Practice 3:30 - 5:40 | |
| March 28 | Practice TBD | |

| | | |
|-----------------|---|---|
| March 30 | Practice 3:30 - 5:40 | Spring Break ***There will be practice and two meets this week*** |
| March 31 | Great Falls High @ (Great Falls) | 3:30 V-JV-Fr |
| April 1 | Practice 3:30 - 5:40 | Spring Break ***There will be practice and two meets this week*** |
| April 2 | Practice 3:30 - 5:40 | Spring Break ***There will be practice and two meets this week*** |
| April 3 | Practice 3:30 - 5:40 | Spring Break ***There will be practice and two meets this week*** |
| April 4 | Senior @ (Billings) | 12:00 V-JV-Fr |

| | | |
|-----------------|---------------------------------------|--|
| April 6 | Practice 3:30 - 5:40 | |
| April 7 | Practice 3:30 - 5:40 | |
| April 8 | Practice 3:30 - 5:40 | Report injuries immediately – "RICE" for most problems |
| April 9 | Practice 3:30 - 5:40 | |
| April 10 | Practice 3:30 - 5:40 | |
| April 11 | MPHS Invitational @ (Missoula) | 9:30 Varsity invite only |

| | | |
|-----------------|---|---------------------------|
| April 13 | Practice 3:30 - 5:40 | |
| April 14 | Practice 3:30 - 5:40 | |
| April 15 | Practice 3:30 - 5:40 | |
| April 16 | Freshman Invite @ (H) Vig | 3:30 Freshman Only |
| April 17 | Practice 3:30 - 5:40 | |
| April 18 | Optimist – Chicks Only (Great Falls) | 11:00 Varsity only |

| | | |
|------------------|-----------------------------------|---|
| April 20 | Practice 3:30 - 5:40 | |
| April 21 | Top 10 Invite (Missoula) | 3:30 Varsity invite only/JV and Frosh practice |
| April 22 | Practice 3:30 - 5:40 | |
| April 23 | Small Schools @ (H) Vig | 3:30 JV |
| April 24 | Practice 3:30 - 5:40 | |
| *April 25 | Skor/Dekam @ (H) | 9:30 Varsity only |
| *April 25 | Freshman Invite (Missoula) | 10:00 Freshman only |

2018 Bruin Girls Track and Field Practice and Meet Schedule

| | | | |
|---------------------------|--|------------------|--|
| April 27 | Practice 3:30 - 5:40 | | |
| April 28 | Practice 3:30 - 5:40 | | |
| April 29 | Practice 3:30 - 5:40 | | |
| *April 30 | Big Sky @ (Missoula) | 3:30 | V-JV |
| *April 30 | Great Falls Frosh Invite @ (Great Falls) | 3:30 | Frosh only |
| May 1 | Vigilante Day – Practice and Team Meeting | 3:30-5:00 | |
| May 2 | Off – Active Rest | | |
| May 4 | Practice 3:30 - 5:40 | | |
| May 5 | Practice 3:30 - 5:40 | | |
| May 6 | Practice 3:30 - 5:40 | | |
| May 7 | Helena High @ (H) Vig | 3:30 | V-JV-Fr |
| May 8 | Team Meeting/Divisional Team | 3:30-5:00 | Announce Divisional team. Divisional Team will practice. JV and Frosh will turn |
| May 9 | Practice 9:00- 10:30 | | in equipment and voting will take place for team awards. |
| May 11 | Practice 3:30 - 5:40 | | |
| May 12 | Practice 3:30 - 5:40 | | |
| May 13 | Practice 3:30 - 5:40 | | |
| May 14 | Practice 3:30 - 5:40 | | |
| May 15 | Divisionals (Kalispell) | TBD | Divisional Track Team Only |
| May 16 | Divisionals (Kalispell) | TBD | Divisional Track Team Only |
| May 18 | Practice 3:30 - 5:40 | | |
| May 19 | Practice 3:30 - 5:40 | | |
| May 20 | Practice 3:30 - 5:40 | | |
| May 21 | State (Missoula) | TBD | ***Athletes must qualify at Divisionals by placing in the Top 6 or have met AA State Track Qualifying Standards |
| May 22 | State (Missoula) | TBD | ***Athletes must qualify at Divisionals by placing in the Top 6 or have met AA State Track Qualifying Standards |
| May 23 | State (Missoula) | TBD | ***Athletes must qualify at Divisionals by placing in the Top 6 or have met AA State Track Qualifying Standards |
| May 27 (Wednesday) | Awards Night (CHS Cafeteria) | 5:30 | |