

# Suffern High School Track and Field Schedule 2016 (Updated 2/25/16)

Mon.	March 7		Practice Begins	@	SHS	2:30
		*	<u>Monroe Woodbury Scrimmage</u>	@	Monroe Woodbury HS	10:00 AM
Wed.	March 30	*	Clarkstown North	@	Suffern MS	4:00 PM
Sat.	April 2	*	<u>Pirate Relays</u>	@	Pearl River	8:30 AM
Mon.	April 4	*	<u>North Rockland</u>	@	North Rockland HS	4:00 PM
Sat.	April 9	*	<u>Nanuet Relays</u>	@	Nanuet	8:30 AM
Tues	April 12	*	Spring Valley	@	Suffern MS	4:00 PM
Fri.	April 15	*	<u>Red Raider Relays</u>	@	North Rockland	9:00 AM
Sat.	April 16	*	<u>Red Raider Relays</u>	@	North Rockland	9:00 AM
Mon.	April 18	*	Ramapo & Clarkstown South	@	Cl. South HS	4:00 PM
Thurs.	April 21	*	Suffern Invitational (1st time outdoors)	@	Suffern MS	4:00 PM
Thurs.	April 28	***	<u>Penn Relays</u>	@	U. of Penn	TBA
Fri.	April 29	***	<u>Penn Relays</u>	@	U. of Penn	TBA
Sat.	April 30	***	<u>Penn Relays</u>	@	U. of Penn	TBA
Sat.	April 30	*	<u>Gold Rush Invitational</u>	@	Cl. South	8:30 AM
		**	<u>Cornwall Steeplefest</u>	@	Cornwall HS	6:00 PM Girls 6:30 PM Boys
Thurs.	May 5	*	League 2-B Championships	@	Cl. South	3:45 PM
Sat.	May 7	*	<u>Crusader Relays</u>	@	Monroe Woodbury	8:30 AM
Thurs.	May 12	**	<u>Louck's Games</u> (DMR's and F/S 4x400's)	@	White Plains HS	5:15 PM
Fri.	May 13	*	Friendship Games	@	Warwick HS	6:01 PM
Sat.	May 14	***	<u>Louck's Games</u>	@	White Plains HS	9:00AM
Mon.	May 16	*	Frosh/Soph. Championships	@	Tappan Zee HS	4:00 PM
Thurs.	May 19	*	Rockland County Championships	@	Cl. South HS	4:30 PM
Fri.	May 20	*	Rockland County Championships	@	Cl. South HS	4:30 PM
		**	<u>East Coast Relays</u>	@	Morristown NJ	3:00 PM
Sat.	May 28	*	Class A Championships	@	Suffern MS	9:00 AM
Tues.	May 31	***	<u>Twilight Relays</u>	@	Warwick HS	6:15 PM
Thurs.	June 2	***	Section 1 State Qualifier	@	Arlington H.S.	5:00 PM
Fri.	June 3	***	Section 1 State Qualifier	@	White Plains HS	5:00 PM
Fri.	June 10	***	New York State Championships	@	Cicero North HS Syracuse, NY	12:30 PM
Sat.	June 11	***				10:00 AM
Fri.	June 17	***	<u>New Balance National Track &amp; Field Championships</u>	@	Greensboro, NC	TBA
Sat.	June 18	***				
Sun.	June 19	***				
Highlighted			*=Full Team Participation **=Limited Entry ***=Qualifying Basis Only			Highlighted box = Date TBA
<b><u>Check <a href="http://www.sufferntrack.com">www.sufferntrack.com</a> for updates</u></b>						