

# Hamburg Knights Spring Track Schedule 2019

Coach - Mrs. Suzanne Williamson

swilliamson@hamburgschool.com

As of 2-6-19

## March 2019

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 Practice 3:00 - 4:00 Hamburg	23
24	25 Practice 3:00 - 4:00 Hamburg	26	27 Practice 3:00 - 4:00 Hamburg	28	29 Practice 3:00 - 4:00 Hamburg	30
31						

Usual school play practices are Mondays, Tuesdays and Thursdays until the show are 3-5pm. The school play dates are April 11-12. Students involved in the play CAN participate in track and will be excused from track. Practices will be held rain or shine. We will work out inside the school.

# Hamburg Knights Spring Track Schedule 2019

Coach - Mrs. Suzanne Williamson

swilliamson@hamburgschool.com

As of 2-6-19

## April 2019

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 Practice 3:00 - 4:00 Hamburg	2	3 Practice 3:00 - 4:00 Hamburg	4	5 Practice 3:00 - 4:00 Hamburg	6
7	8 Meet Wallkill Valley HS Hardyston Bus 3:10	9	10 Practice 3:00 - 4:00 Hamburg	11 Meet Newton HS Newton Bus 3:10  *School Play	12 No Practice  *School Play	13
14	15 Meet Vernon HS Glen Meadow Bus 3:10	16	17 Meet Wallkill Valley HS Hardyston Bus 3:10	18 Practice 3:00 - 4:00 Hamburg	19 Good Friday Spring Recess No Practice School Closed	20
21	22 Spring Recess No Practice School Closed	23	24 Spring Recess No Practice School Closed	25	26 Spring Recess No Practice School Closed	27
28	29 Meet High Point Reg HS Sussex Christian Bus 3:10	30	May 1 Practice 3:00 - 4:00 Hamburg	May 2	May 3 Practice 3:00 - 4:00 Hamburg	May 4

Usual school play practices are Mondays, Tuesdays and Thursdays until the show are 3-5pm. The school play dates are April 11-12. Students involved in the play CAN participate in track and will be excused from track. Practices will be held rain or shine. We will work out inside the school.

# Hamburg Knights Spring Track Schedule 2019

Coach - Mrs. Suzanne Williamson  
 swilliamson@hamburgschool.com

As of 2-6-19

## May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 28	April 29 Meet High Point Reg HS Sussex Christian Bus 3:10	April 30	1 Practice 3:00 - 4:00 Hamburg	2	3 Practice 3:00 - 4:00 Hamburg	4
5	6 Practice 3:00 - 4:00 Hamburg	7 Meet High Point Reg HS Sussex Christian Bus 3:10	8 No Practice	9	10 Practice 3:00 - 4:00 Hamburg	11
12	13*** Practice 3:00 - 4:00 Hamburg	14	15*** Practice 3:00 - 4:00 Hamburg	16	17*** Practice 3:00 - 4:00 Hamburg	18
19	20*** Track Counties field events Walkill Valley HS	21 *** Track Counties Track events Walkill Valley HS	22	23	24	25
26	27	28	29	30	31	

Practices will be held rain or shine. We will work out inside the school.

\*\*\* Only for students participating in counties track meet

ALL students and parents are welcome to drive, come out and support the team though!

Hamburg Knights Spring Track Schedule 2019

**Coach - Mrs. Suzanne Williamson**  
**swilliamson@hamburgschool.com**

As of 2-6-19

<u>Date</u>	<u>Destination</u>	<u>Host</u>	<u>Bus</u>
4-8-19	Walkkill Valley HS	Hardyston	310
4-11-19	Newton HS	Newton	310
4-15-19	Vernon HS	Glen Meadow	310
4-17-19	Walkkill Valley HS	Hardyston	310
4-29-19	High Point Reg HS	Sussex Christian	310
5-7-19	High Point Reg. HS	Sussex Christian	310

**Counties**

5-20-19 field events	Walkkill Valley HS
<b>5-21-19 track events</b>	Walkkill Valley HS
5-22-19 rain date	

**Good to know information**

- **Students are encourage to start walking, running and working out right away. Building cardio and endurance takes time.**
- **Students that are involved in the play CAN also participate in track and will be excused from track.**
- **Practices will be held rain or shine. We will work out inside the school.**
- **Students should bring bottled water that is labeled with their name to each practice and meet.**
- **If you have an epi-pen or inhaler, it must be brought to ALL practices and meets. No exceptions. Safety first!**
- **The end times of the track meets and return to school will vary. Students can use their phones to text/call when they are heading back to Hamburg.**
- **All dates and times of the meets are planned, but can change due to inclimate weather.**
- **Parents are invited to attend each meet at the schools listed above calendar.**
- **A bus will be provided to and from meets.**
- **Student must have transportation home from school after practices and meets.**
- **If student(s) are going to be walking home after practice or meets, a note from parent must be given to the coach.**
- **Parents can sign their child out from the track meet locations or child can ride the bus back to Hamburg school.**
- **If parent are arranging for another parent/guardian to pick up students from practices/meets, an email and/or note must be given to the coach. Students will be not be allowed to leave without it.**
- **I'm excited to start running! I can't wait to see you all!**