

# Colonials Track & Field

## 2019 Important Dates & Events

	Daily Practice Schedule	Monday - Friday
2:30	Report to locker room	
3:00	Team Warm-up led by captains	
3:30	Group Work led by Position Coach	
5:00	Practice Ends	
5:30	Locker Room Closed	<i>*end time subject to change based on position*</i>

Visit our website at for a “live” calendar - [www.colonialstrack.weebly.com](http://www.colonialstrack.weebly.com)

### Dual Meet Schedule

Tuesday, March 19th	Home	Scrimmage TBD	3:45 pm
Tuesday, March 26th	Home	Dover	3:45 pm
Tuesday, April 2nd	Away	Kennard Dale	3:45 pm
Thursday, April 9th	Home	Eastern York	3:45 pm
Tuesday, April 11th	Away	Susquehannock	3:45 pm
Tuesday, April 16th	Home	York Suburban	3:45 pm
Tuesday, April 23rd	Away	West York	3:45 pm
Tuesday, April 30th	S Home	Gettysburg	3:45 pm

*\*\*All dates and times are subject to change*

*§Senior Night*

### 2019 Invitationals

Friday, April 5th  
Adams County Invitational

Saturday, April 13th  
Susquehanna University\*

Saturday, April 20th  
Shippensburg University\*

Friday, April 26th  
Dallastown Invitational\*

Friday, May 3rd  
Eastern York “Battle for the Bridge”

Friday, May 10th

### Uniform Collection Dates

Tuesday, May 14th  
3 - 5 pm in the stadium

*All uniforms and warm-ups  
must be washed prior to  
collection.*

### Varsity Team Picnic

Tuesday, May 14th  
3 - 5 pm

### **Uniform Turn-In**

Food, Drinks, Fun

Awarding of Letter Winners

*\*Parent Volunteers are  
Welcome\**

### 2019 New Oxford Colonials

### “Jeff Topper” Junior High Invitational

Saturday, May 11th  
8 am - 3 pm  
Colonial Stadium

*\*\*All high school track athletes are  
required to assist with this event\*\**

*Parent Volunteers are need in the  
concession stand!!*

### **District III Track & Field Championships**

Friday, May 17th - Saturday, May 18th  
Shippensburg University

Visit <http://piaadistrict3.org/track-and-field/> for more information

### **Remind**

*It is suggested that all athletes/parents sign up for the  
“Remind” text.*

Text the message: @oxtrack19  
To the number: 81010  
*Verizon Customers must use the App.*

Coach Jason Warner

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