

## 2023 Track Schedule

March						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	Practice 2:30-4:00	Practice 2:30-4:00	Practice 2:30-4:00	Practice 2:30-4:00	No Practice	
April						
2	3	4	5	6	7	8
	Practice 2:30-4:00	Practice 2:30-4:00	Practice 2:30-4:00	Bernotas @ Northwood	No School	
9	10	11	12	13	14	15
	Practice 2:30-4:00	Bernotas @ Creekside	Practice 2:30-4:00	Cary @ Bernotas	Practice 2:30- 3:30	
16	17	18	19	20	21	22
	Bernotas @ Heineman	Bernotas @ Parkland	Early Release No Practice	Practice 2:30-4:00	Practice 2:30- 3:30	
23	24	25	26	27	28	29
	Practice 2:30-4:00	Nippersink @ Bernotas	Practice 2:30-4:00	Beardsley @ Bernotas	Practice 2:30- 3:30	
May						
30	1	2	3	4	5	6
	Practice 2:30-4:00	Johnsburg @ Bernotas	Practice 2:30-4:00	Marlowe @ Bernotas	Practice 2:30- 3:30	
7	8	9	10	11	12	13
	Practice 2:30-4:00	McHenry @ Bernotas	Early Release No Practice	Bernotas @ Lundahl	Practice 2:30- 3:30 Varsity Only	Sectional 10 am Place TBD
14	15	16	17	18	19	20
	Conference Track @ Woodstock North H.S.	Practice 2:30-4:00 Varsity Only	Practice 2:30-4:00 Varsity Only	Practice 2:30-4:00 Varsity Only	State East Peoria Central	State East Peoria Central

**All Home meets will be run on the Bernotas Middle School Track. Away meets are as follows:**

Date	School	Track Location
Thursday April 6th	Northwood	2121 N Seminary Ave, Woodstock, IL 60098
Tuesday April 11th	Creekside	3201 Hercules Rd, Woodstock, IL 60098
Monday April 17th	Heineman	725 Dr. John Burkey Dr formerly, Academic Dr, Algonquin, IL 60102
Tuesday April 18th	McCracken	3712 Kane Ave. McHenry IL. 60050
Thursday May 11th	Lundahl	560 Nash Rd, Crystal Lake, IL 60014
Monday May 16th	Johnsburg H.S.	2002 W. Ringwood rd. Johnsburg IL. 60051

Girls Coaches		Boys Coaches	
8th--Arvanitis	<a href="mailto:aarvanitis@d47.org">aarvanitis@d47.org</a>	8th--Stone	<a href="mailto:jmstone@d47.org">jmstone@d47.org</a>
7th--Geib	<a href="mailto:djgeib@d47.org">djgeib@d47.org</a>	7th--Staroske	<a href="mailto:csstaroske@d47.org">csstaroske@d47.org</a>
6th--Austin	<a href="mailto:dmaustin@d47.org">dmaustin@d47.org</a>	6th--Bowman	<a href="mailto:jmbowman@d47.org">jmbowman@d47.org</a>

