

# Rotolo Track & Field Schedule 2025

**Boys Head Coach:** Annie Fricot

**Girls Head Coach:** Cassie Ideran

**7th Grade Boys Coaches:** Annie Fricot (High Jump)

Mark Montgomery (Distance)

**8th Grade Boys Coaches:** John Canfield (Throws)

Roberto Soto (Long/Triple Jump)

**7th Grade Girls Coach:** Jeff Thomas (Sprints/Relays)

**8th Grade Girls Coaches:** Cassie Ideran (Hurdles/Mid-Distance)

Sandy Krantz (Throws)

Events (not in order)	100	200	400	800	1600	4x100 relay	4x200 relay	4x400 relay	High jump	Long jump	Triple jump	Shot Put	Hurdles	Discus
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## March

Monday	Tuesday	Wednesday	Thursday	Friday
17. Boys' Practice 3:15-4:40	18. Girls' Practice 3:15-4:40	19. Boys' Practice 3:15-4:40	20. Girls' Practice 3:15-4:40	21. No Practice
24. Everyone Practice 3:15-4:40	25. Everyone Practice 3:15-4:40	26. Everyone Practice 3:15-4:40	27. Everyone Practice 3:15-4:40	28. No School/ No Practice

## April

Monday	Tuesday	Wednesday	Thursday	Friday
31. Spring Break	1. Spring Break	2. Spring Break	3. Spring Break	4. Spring Break
7. Practice 3:15-4:40	8. Practice 3:15-4:40	9. Rotolo Intrasquad Meet w/ FRMS (3:45pm)	10. Practice 3:15-4:40	11. Jewel/Jefferson @ West Aurora HS (4:30pm)
14. Practice 3:15-4:40	15. Wredling @ Rotolo	16. Practice 3:15-4:40	17. Picture Day - NO Practice (pick up starting at 4pm)	18. No School/No Practice
21. Practice 3:15-4:40	22. Practice 3:15-4:40	23.Wash/Herget @ Rotolo	24. Practice 3:15-4:40	25.Wohlhuter (Invite Only) @ St. Charles East HS
28. Practice 3:15-4:40	29.@ Thompson (St. Charles)	30. Practice 3:15-4:40		

## May

Monday	Tuesday	Wednesday	Thursday	Friday
			1.Practice 3:15-4:40	2.Practice 3:15-4:40
5.Practice 3:15-4:20	6.Practice 3:15-4:20	7. FVC Relays (West Aurora HS)	8.Practice 3:15-4:20	9. FVC Invite (Invite Only) (West Aurora HS)

[Track workout percentages](#)

***Meets approximate start time: 4:15pm***

<p><b><u>Track &amp; Field Running Events</u></b>  <i>(Girls heats first, followed by boys heats)</i></p> <ul style="list-style-type: none"> <li>• 100 Meter Hurdles (Girls)</li> <li>• 110 Meter Hurdles (Boys)</li> <li>• 100 Meter Dash</li> <li>• 1600 M run</li> <li>• 800 M Relay (4 x 200)</li> <li>• 400 Meter Dash</li> <li>• 400 M Relay (4 x 100)</li> <li>• 800 M Run</li> <li>• 200 M Dash</li> <li>• 1600 M relay (4 x 400)</li> </ul>	<p><b><u>Field Events</u></b>  <i>All done "cafeteria-style" - check in for your event and jump/throw)</i></p> <ul style="list-style-type: none"> <li>• Shot Put</li> <li>• Discus</li> <li>• Long Jump</li> <li>• Triple Jump</li> <li>• High Jump <ul style="list-style-type: none"> <li>○ Bar starts at 3'10" for girls and 4'0" for boys</li> </ul> </li> </ul>
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Meet Location Details

West Aurora High School

West Aurora HS: 1201 W. New York St, Aurora

Ormond Stadium: 1244 Plum St, Aurora, IL

The track is on the North side of the building. Best Parking is along Plum Street or at Jefferson Middle school which is directly across the street from the track entrance.



St. Charles East High School (STE)

1020 Dunham Road  
St. Charles. The track is on the East side of the building. Enter off of Dunham Rd or Kirk Road. There are many parking lots available.



**Thompson Middle School**

705 W. Main Street, St. Charles. Enter from Main Street/Rt 64 or you can go around to Indiana Street. The track is on the West side of the building.

