

## 2026 Prairie Middle School Boys Track and Field

### “Be Respectful, Be Positive, Be Present”

Sports Registration Site - <https://manager.gobound.com/ia/crprairie/students>

Shane Lienau	(Head Boys Coach)	slienau@crprairie.org
Chris Spurgeon	(Asst. Boys Coach)	cspurgeon@crprairie.org
Chad Gammon	(Boys and Girls Throwers)	chadgammon@gmail.com
Jordan Schroeder	(Boys Sprint and Jumpers)	jschroeder@crprairie.org
Rob Craft	(Boys and Girls Hurdles Coach)	rcraft@crprairie.org

**Remind App-** Where we will post lineups, results, and records.

Any changes in schedule will be communicated to the athletes in practice and also via the **Remind app** that was provided during sign up.

**PARENTS/GUARDIANS:** We've been proud to run some of the most efficient and effective meets in the area for many years. This is in large part thanks to our volunteers! Thank you! Please consider signing up to help out at meets. On-site instructions and “training” will be given. Visit to sign up. Thank you again!!

April 13th- <https://www.signupgenius.com/go/10C0B4FA5A72CA2FCC25-62690267-monday>

April 21st- <https://www.signupgenius.com/go/10C0B4FA5A72CA2FCC25-62690751-tuesday>

#### Important Dates:

**1<sup>st</sup> Day of Practice: Monday, March 30th North Gym 2:45-4:30 pm.**

**Apparel Order:** <https://southpawprintco.chipply.com/PrairiePointTrack/?action=viewall>

**Pictures: April 17th 6:30am North Gym**

**Practice and attendance:** ALL ABSENCES MUST BE COMMUNICATED BY EMAIL BEFORE PRACTICE

Excused means:

- Absence is communicated by email before practice.
- Includes choir, jazz band, archery or other in-season school activities.
- Illness or injury.
- Family trip or family emergency.

Unexcused absences include:

- Not communicated by email before practice.
- Detention or other academic needs.
- Transportation. Try to set up a carpool with a teammate or ask a friend for a ride to practice.

#### Unexcused absence policy:

**1st occurrence:** Warning and the athlete will meet with coaches to remind the athlete of expectations.

**2nd occurrence:** Athletes will not participate in the next meet. They will be expected to attend, help out, and cheer on their teammates on the infield/at team camp.

**3rd occurrence:** Athletes will not participate in the next meet. They will be expected to attend, help out, and cheer on their teammates on the infield/at team camp.

**4th occurrence:** Dismissal from team.

#### School Attendance Policy:

- 2 or more tardies or any unexcused class periods, athlete is expected to be at practice, but will not participate.
- If this occurs on a meet day, athletes will NOT be allowed to attend the meet.

#### Meet Expectations:

- Please communicate(by email) any absence for a meet ASAP as this impacts our lineups.
- All track athletes are expected to compete in the meets. Athletes can participate in 4 events(3 running maximum).
- Initial lineups will be posted at practices leading up to a meet. These are flexible and can change before the meet.
- Open/exhibition events are always an option for any athlete who wishes to compete in more events.

- Meet uniform: black shorts, running shoes or spikes, socks, sweatpants/shirt, gloves, team jersey (provided by the school, \$25 replacement cost if lost) *Dress appropriately for the weather*

**Other Notes:**

- If there is no school or a delayed start, we will not have AM practices. There is also no afternoon practice in the event of an early dismissal.
- School dress code applies at practices/meets.
- Cell phones are not allowed during practices and should remain locked in the locker room.
- We are not responsible for lost or stolen items. Valuables must be locked in the locker room at all times.
- Any behavior deemed detrimental to the team will be dealt with immediately. The athlete/manager may be removed from the team at the coaches/AD discretion.

Monday	Tuesday	Wednesday	Thursday	Friday
3/30 <b>1st Day of Practice</b> <b>Big Gym</b> <b>3:00-4:30pm</b>	3/31 Practice 6:20-7:30am	4/1 Practice 3:00-4:30 pm	4/2 Practice 3:00-4:30pm	4/3 <b>No School</b> <b>No Practice</b>
4/6 Practice 6:20-7:30am	4/7 Practice 6:20-7:30am	4/8 Practice 3:00-4:30pm	4/9 <b>AWAY TRACK MEET</b> <b>3:30 @ EXCELSIOR</b> <b>CANCELED</b> Practice 3:00-4:30pm	4/10 No Practice
4/13 <b>HOME TRACK MEET</b> <b>3:30 @ POINT</b>	4/14 Practice 6:20-7:30am	4/15 Practice 3:00-4:30pm <b>Canceled</b>	4/16 Practice 3:00-4:30pm	4/17 <b>Pictures</b> <b>6:30am</b> <b>North Gym</b>
4/20 <b>No School</b> <b>No Practice</b>	4/21 <b>HOME TRACK MEET</b> <b>3:30pm @ POINT</b>	4/22 Practice 3:00-4:30pm	4/23 <b>AWAY TRACK MEET</b> <b>3:30 @ IOWA CITY HS</b>	4/24 No Practice
4/27 Practice 6:20-7:30am	4/28 Practice 6:20-7:30am	4/29 Practice 3:00-4:30pm	4/30 <b>AWAY TRACK MEET</b> <b>3:30pm @ IOWA CITY</b> <b>WEST HS</b>	5/1 No Practice
5/4 Practice 6:20-7:30am	5/5 Practice 6:20-7:30am	5/6 Practice 3:00-4:30pm	5/7 Practice 3:00-4:30pm	5/8 No Practice
5/11 Practice 6:20-7:30am	5/12 Practice 6:20-7:30am	5/13 Practice 3:00-4:30pm	5/14 Practice 3:00-4:30pm	5/15 No Practice
5/18 <b>8TH GRADE CITY</b> <b>CHAMPIONSHIP</b> <b>3:15 @ Prairie Point</b> <b>Stadium</b>	5/19 7th Grade Practice 3:00-4:30pm	5/20 <b>7TH GRADE CITY</b> <b>CHAMPIONSHIP</b> <b>3:15 @ Kingston</b> <b>Stadium</b>	5/21	5/22