

NGS TRACK 2026

Sun	Monday	Tuesday	Wed	Thursday	Friday	Saturday
26	27	28 Fessenden- 1:00pm Leave- 10:30am Kindred- 2:00pm Leave-12:00pm	29	30 High School Concert	1	2 Ellendale- 11:00am Leave- 9:30am
3	4	5 Linton- 1:00pm Leave- 11:00am	6	7 Ellendale- 3:00pm Leave- 1:30pm	8 Jamestown- 1:00pm Leave- 11:45am	9
10	11 Last Chance Valley City- 3:00pm Leave- 1:15pm	12	13	14	15 REGIONALS @ Hazen- 12:00pm Leave- 8:45am	16
17	18	19	20	21 Qualifiers @ STATE	22 Qualifiers @ STATE	23 Qualifiers @ STATE

All Practice	JH Meet	Varsity Meet	Both Meet	Qualifier Practice	Backup options
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****THIS IS A SUPER TENTATIVE SCHEDULE! IT **WILL** CHANGE****

To keep up with meet schedules and results use the Athletic.net app.
 JH team code: V88P9HRUQ Varsity Team Code: 57VKANUZ

This is a tentative schedule. It will likely change as the season progresses.

I will communicate changes to the schedule to the athletes.

They will be responsible for keeping parents informed of changes that are made.

All athletes MUST have their physical ASAP and must have 10 practices prior to the first meet.

Please communicate any absences with me BEFORE missing practice. If an athlete is at school, but misses practice without communicating with me, they will not be allowed to attend the next meet.

There is a chance we will go to Napoleon for a couple practices but the majority of the practices will be here (Gackle). I will give notice when we will have away practices.

Practice will begin NO LATER than 3:35 pm.

Most nights we will be done with practice by 5:00 pm.

Wednesdays will usually be done by 4:30 pm.

Athletes need to wear sweatpants and a sweatshirt for warm-ups (at practice and at meets) no matter the weather.

I will let the teachers know who is going to be gone and when for meets, but the students are responsible for getting their own assignments and completing any work they miss.