

Cascade Middle School
Track Schedule
2018

| | Date | Opponent | Site | Time |
|-------|----------|------------------------------------|------------------|------|
| Tues | April 24 | Monticello | Cascade | 3:30 |
| Thurs | May 3 | Mt. Solo | Mt. Solo | 3:30 |
| Thurs | May 10 | Huntington | Huntington | 3:30 |
| Tues | May 15 | Coweeman | Cascade | 3:30 |
| Thurs | May 17 | Sub Districts vs Mt. Solo/Coweeman | R.A Long Stadium | 3:30 |
| Tues | May 22 | Districts | R.A Long Stadium | 3:30 |

Start times:

Field events begin at approximately 3:30

Running events begin at approximately 3:45

Pictures: Friday, May 4 at 2:45 p.m.

Awards: Thursday, May 24 at 3:30 p.m.

Head Coach: Jake Bechtel

Assistant Coaches: Dave Parsons, Lee Kessler, Michelle Guzman

Order of Events:

- 100 meter hurdles
- 100 meters
- 1600 meters
- 4x100 meter relay
- 400 meters
- 800 meters
- 200 meters
- 4x400 meter relay



Cascade Colors: Black & Gold
Mascot: Cavalier

Volunteers Needed:

If you would like to volunteer at our home meets, please call 577-2702.