

2026

MARCH

MONDAY

*trials each week to qualify for meets

RMS Track Calendar

*after school practice times 3:45 pm-5:00 pm

*inclement weather may cause change to practice and practice times, or cancellation of practice/events.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23	24	25	26	27	28	01
02 Time/Distance; Trials - Disc, Triple Jump, 4x200 relay, 300H, 800m, 1600m	03 Track Practice: Event Specific timed Workout/Relays	04 Track Meet 2 @ Braswell All Events *(Qualifier meet for District)	05 Shot, Long Jump, High Jump, 4x100 relay, 110H, 100m, 200m, 400m	06 No Practice: Class Period Recovery, Ribbons, and Flexibility	07	08
09 Spring Break	10 Spring Break	11 Spring Break	12 Spring Break	13 Spring Break	14	15
16 Disc, Triple Jump, 4x200 relay, 300H, 800m, 1600m	17 Shot, Long Jump, High Jump, 4x100 relay, 110H, 100m, 200m, 400m	18 Track Meet 3 @ Lake Dallas All Events *(Qualifier meet for District)	19 Disc, Triple Jump, 4x200 relay, 300H, 800m, 1600m Class Period Recovery, Ribbons, and Flexibility	20 Time/Distance; Trials - Shot, Long Jump, High Jump, 4x100 relay, 110H, 100m, 200m, 400m	21	22
23 Disc, Triple Jump, 4x200 relay, 300H, 800m, 1600m	24 Shot, Long Jump, High Jump, 4x100 relay, 110H, 100m, 200m, 400m	25 Track Meet 4 @ Celina All Events *(Qualifier meet for District)	26 Disc, Triple Jump, 4x200 relay, 300H, 800m, 1600m Class Period Recovery, Ribbons, and Flexibility	27 Time/Distance; Trials - Shot, Long Jump, High Jump, 4x100 relay, 110H, 100m, 200m, 400m	28	29
30	31	01	02	03	04	05