

2024	SDW	Track & Field	Schedule	Tentative 2/23	
Date	Day	Event	Event Site	Time	
Feb 10	Sat	Track Pre-Assessment	MHHS	8:30- 10 am	
Feb 17	Sat	Team Workout	Buena Vista-DP	8:30- 10 am	
Feb 24	Sat	Track Pre-Assessment	MHHS	8:30- 10 am	
Feb 29	Thu	RRS Team Night	Road Runner Sports	6:00- 7:30 pm	
Wave practices will go Mondays-MHHS & Wednesdays-SMMS					
March 4	Mon	1st Practice	MHHS	5:30- 7:00 pm	
March 6	Wed		SMMS	5:30-7:00 pm	
March 23	Sat	USA Rockets	Montgomery HS	8:00 am-5:00 pm	*
April 20	Sat	Godspeed	El Cajon HS	8:00-5:00 pm	
April 20-21	Sat-Sun	PCShockwaves	Cerritos College	8:00-5:00 pm	
May 4-5	Sat	Mercury	San Ysidro HS	8:00-5:00 pm	
May 18	Sat	USA Rockets	Montgomery HS	8:00-5:00 pm	*
June 1	Sat	Havoc	Madison HS	8:00-5:00 pm	
June 8-9	Sat-Sun	USATF Assoc	TBD		
June 12-15	Wed-Sun	Nike Nat'ls	Eugene	Must Qualify	
June 21-23	Fri-Sun	USATF Region 15	Las Vegas	Must Qualify	
June 26-29	Wed-Sat	USATF Outdoor	New York	Must Qualify	