

North Lakeland Track and Field Schedule 2026

**** As of 3-25-26 (subject to change)**

Coaches: Mrs. Fieweger, Mrs. Kraemer, Mrs. Rademacher, Mr. Friedley

	Monday	Tuesday	Wednesday	Thursday	Friday
March /April	30 First Practice 3:30-5:00	31 Practice 3:30-5:00	1	2 Practice 3:30-5:00 SPARK NIGHT 5:00-7:00	3 NO SCHOOL
April	6 NO SCHOOL	7 Practice 3:30-5:00	8	9 Practice at LUHS 3:30-5:00 Pick up at the high school or let coaches know if a ride back to NLES is needed	10 Field Event Practice: 3:30-4:30
April	13 Indoor Meet @ N. Pines Starts ~ 4:00	14 Practice 3:30-5:00	15	16 Practice 3:30-5:00	17
April	20 Practice 3:30-5:00	21 Practice 3:30-5:00	22	23 Practice 3:30-5:00	24
April /May	27 TRACK MEET: AV-W-Relays @AV-W Field Events 3:45 - Running Events 4:00	28 Practice 3:30-5:00	29	30 Practice 3:30-5:00	1 NO SCHOOL
May	4 Practice 3:30-5:00	5 Practice 3:30-5:00	6 Day Meet @Bessemer Back to NLES by end of school day	7 Practice 3:30-5:00	8
May	11 Practice 3:30-5:00	12 Track Meet: Firebird Invitational @MHLT Starts ~4:00	13	14 Middle School Spring Concert	15 Family Picnic Spring Concert Primary

Track Party Monday May 18th 3:30-4:30