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| **DATE** | **EVENT** |
| Thursday, October 14 | Interest meeting & Sign up - during lunch waves |
| Thursday, November 11 | Veterans’ Day – No School (enjoy your last days off :) |
| Monday, November 15 | **“On Your Own” Workouts Begin** |
| Thursday, November 18 | Goals worksheet must be turned in by today |
| Mon-Fri, November 22-26 | Thanksgiving Holiday – No School, **OYO workouts continue** |
| Monday, November 29 | 2 Week Check-in\* |
| Monday, December 6 | 3 Week Check-in\* |
| Monday, December 13 | 4 Week Check-in\* |
| Dec 20, 2021-Jan 4, 2022 | Christmas Holiday – No School, **OYO workouts continue** |
| Wednesday, January 5 | **Outdoor Team Practice Begins (2:50pm)** |
| Monday, January 17 | MLK Holiday – No School (Indoor Meet TBA) |
| Mon-Wed, Feb 28–Mar 2 | Mardi Gras Break – No School (Practice is TBA) |
| Saturday, March 5 | **First Outdoor Meet Date (Meet location TBA)** |

**MURPHY TRACK & FIELD**

**21-22 PRESEASON SCHEDULE**

\* See Coach Oliver during your lunch wave in room 181 to discuss your progress, goals, motivation, etc… and to pick up this week’s workout plan.

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| **MURPHY   TRACK & FIELD****2022 OUTDOOR MEET SCHEDULE** |
| **DATE** | **EVENT** | **TEAM** | **LOCATION** |
| Saturday, March 5 | MGM Viking Invite? | JV & Varsity | MGM High School |
| Wednesday, March 9 | JV meet @ TBA? | JV | TBA? |
| Thursday, March 10 | Middle School Meet #1 | HELPERS | MURPHY HS |
| Saturday, March 12 | Jim Tate Relays | JV & Varsity  | St. Paul’s Episcopal |
| Wednesday, March 13 | JV meet @ TBA? | JV | TBA? |
| Thursday, March 17 | Middle School Meet #2 | HELPERS | MURPHY HS |
| (Either) Friday, March 18 | Teacher Work Day- No School, Southeastern Relays | JV & Varsity | Satsuma HS |
| (Or) Saturday, March 19 | St. Patrick’s Day Meet | JV & Varsity | Gulf Shores |
| Wednesday, March 23 | Lyon Newell & Fast Times  | Varsity  | UMS-Wright  |
| Thursday, March 24 | Middle School Meet #3 | HELPERS | MURPHY HS |
|  Fri & Sat March 25 & 26 | Baker Hornet Invite | Varsity | USA |
| Wednesday, March 29 | JV meet @ TBA? | JV  | TBA? |
| Thursday, March 31 | Middle School Champ’s Meet | HELPERS | MURPHY HS |
| Friday, April 1 | Meet of Champions - Open | Varsity | UMS-Wright |
| Saturday, April 2 | Meet of Champions - Invite | Qualifying Varsity | St. Paul's Episcopal |
| April 9 | Angelo Harris Meet  | Varsity | McGill-Toolen |
| Tuesday & Wednesday, April 12 & 13 | Mobile County Track & Field Championships Meet | Varsity& HELPERS | TBA: USA or Bryant HSHosted by MURPHY |
| **April 18 - April 22** | **SPRING BREAK (Practice during the break is TBA)** |
| Friday, April 29 & Saturday, April 30  | Sectional Qualifying Meet | Select Varsity | **To Be Announced** |
| Thursday, Friday, & Sat, May 5, 6 & 7  | \*AHSAA Outdoor State Meet | Qualifying Varsity | Gulf Shores Sports Complex |
| Mon & Tue, May 16 & 17 | State Heptathlon & Decathlon | Qualifying Varsity | Hoover HS, Hoover, AL |

This schedule is subject to change at any time

**GOOD LUCK THIS SEASON AND GO PANTHERS!!!!**

**Notes about the 2022 Track season at Murphy**

1. **We don’t make cuts. All are welcome but only those with the proper attitude, commitment and desire to win will survive.**
2. **I predict we will start the season with over 100 (possibly 150). By the end of January, we will have fewer than 75 still around. By the first meet date, March 5th, we’ll be down to around 50. Those that remain will have earned the right and the privilege to compete for Murphy and proudly wear the M on their chest.**
3. **Track and Field athletes at Murphy must maintain good grades and be in good standing with teachers and staff at the school.**
4. **There will be consequences for missing practices or meets, being late to practices, being in retract or being suspended.**
5. **To be successful in this program, you will need to develop good work habits, strong mental and physical toughness, a willingness to work together to achieve a common goal, the aptitude to learn the necessary skills and techniques required and much, much more. As an added bonus, each of these mentioned above will help you to become successful in life no matter what you decide to do.**