

MLA Cross-Country/Track Schedule 2024



Date	Host	Location of Meet	Time	Grades
Saturday April 20th	Trinity Lutheran	Alma - Santa Fe High School 108 N Chiefs Alma, MO 64001	TBD	4th-8th grades*
Tuesday April 23rd	Timothy	Timothy Blue Springs 301 E. Wyatt Road Blue Springs, MO 64014	5:00 PM	4th-8th grades**
Thursday April 25th	Rain Date for Timothy - if needed			
Saturday April 27th	The Lutheran High School of KC	Center High School 8715 Holmes Rd. Kansas City, MO 64131	TBD	4th-8th grades
Tuesday May 7th	Hope Lutheran Shawnee	Shawnee Mission Park 7900 Renner Road Shawnee, KS 66219	TBA	4th-8th grades
Saturday May 11th	Hope Lutheran Shawnee	Shawnee Mission North H.S. 7401 Johnson Drive Overland Park, KS 66202	TBA	4th-8th grades
Saturday May 11th	LSAM - State	TBD	TBA	Qualifying 7th & 8th Graders

Coaches: Kelley Malone (816-332-0533), Chelsey Kelso & Marilyn Rabello

Practice Days & Times: Monday & Thursday @ 3:15-5:00 PM @ MLA

*4th graders may be able to compete in some of the track meets with the understanding that they will be competing against 5th graders in the meets.
(We have a large number of 5th grader out for track.)

4th - 8th grade can participate in a max of 3 events and one relay

**4th - 8th graders can participate in Cross Country

Cross Country Distance
4th-6th grade run 3/4 mile
7th and 8th run 1 1/2 miles

Track Events

- * High jump
- * Triple jump
- * Throwing events
- * Long Jump
- * 100, 200, 400, 800