

Waterloo West High School
2010 Men's Track Schedule

(Updated 03/11/10)

*Home meets are run at Memorial Stadium
Central Intermediate School*

INDOOR:

<u>Day</u>	<u>Date</u>	<u>Opponent or Event</u>	<u>H/T</u>	<u>Time</u>
Monday	2/15/10	1 st practice	Player Mtg Rm	3:00 p.m.
Monday	3/1/10	Wartburg Invite (V)	Waverly	3:00 p.m.
Thursday	3/4/10	Picnic	Commons	6:00 p.m.
Monday	3/8/10	Duhawk (JV/9-10)	Loras	4:45 p.m.
Monday	3/15/10	MVC Indoors(JV/9-10)	UNI Dome	4:30 p.m.
Tuesday	3/16/10	ISU Invite (V)	Ames	4:00 p.m.
Monday	3/22/10	Dickinson Relays (V)	UNI Dome	3:00 p.m.
Thursday	3/25/10	Spring Kick-off	West High	7:00 p.m.

OUTDOOR:

<u>Day</u>	<u>Date</u>	<u>Opponent or Event</u>	<u>H/T</u>	<u>Time</u>
Friday	3/26/10	Simpson (V/JV)	Indianola	4:00 p.m.
Tuesday	3/30/10	CR Quad (JV/9-10)	Kingston	4:30 p.m.
Thursday	4/1/10	Early Bird Relays (V/JV)	Marshalltown	5:00 p.m.
Tuesday	4/6/10	Dual Meet - IC City High	Memorial Stadium	4:30 p.m.
Saturday	4/10/10	Hi Covey (V/9-10)	Ames	2:00 p.m.
Tuesday	4/13/10	Gordy Yuska Relays (V/JV)	Memorial Stadium	4:00 p.m.
Friday	4/16/10	Cole Collinge Relays (V/JV)	Cedar Falls	5:00 p.m.
Tuesday	4/20/10	Mason City Invitational (V/JV)	Mason City	5:00 p.m.
Thursday	4/22/10	Go-Hawk 9/10 Coed (9-10)	Waverly	5:00 p.m.
Thurs.-Sat.	4/22-24/10	Drake (V)	Des Moines	TBA
Friday	4/30/10	Big 8 (V/JV)	Memorial Stadium	4:30 p.m.
Friday	5/7/10	Mississippi Divisional (V/9-10)	Wahlert	5:00 p.m.
Mon.	5/10/10	Iowa City (JV/9-10)	IGH	4:30 p.m.
Friday	5/14/10	Districts (V)	TBD	4:00 p.m.
Thurs.-Sat.	5/20/22	State Track Championships (V)	Des Moines	TBA
Wednesday	5/26/10	Banquet (Pot Luck)	Commons	6:00 p.m.

[Coach MacKenzie – 231-1736, mmackenzie@aea267.k12.ia.us](mailto:mmackenzie@aea267.k12.ia.us)

[Coach Malsam – 610-0892, malsamj@waterloo.k12.ia.us](mailto:malsamj@waterloo.k12.ia.us)

[Coach Yuska – 240-5529, yuskat@waterloo.k12.ia.us](mailto:yuskat@waterloo.k12.ia.us)

[Coach Essmann – 961-3617, essmannj@ion-nitriding.com](mailto:essmannj@ion-nitriding.com)