



2020 South Caldwell Track and Field

Head Coach – Dana Smith

Athletic Director – Jeff Parham

Principal – Rob Bliss

Email: dasmith@caldwellschools.com Phone: [828-396-2188](tel:828-396-2188) ext.386267 (W) [828-750-4336](tel:828-750-4336) (C)

<u>Wednesday February 12th, 2020</u>	<u>1st Day of Practice</u>	<u>@ South Caldwell</u>
Wednesday March 11 th , 2020	Hickory, Watauga, South Caldwell	@ Hickory – 4:30PM
<u>Wednesday March 18th, 2020</u>	<u>Alexander, Freedom, Hickory, South Caldwell</u>	<u>@ South Caldwell – 4:30PM</u>
Wednesday March 25 th , 2020	Freedom, Watauga, South Caldwell	@ Watauga – 4:30PM
<u>Saturday March 28th, 2020</u>	<u>RICK McRARY MEMORIAL INVITATIONAL</u>	<u>@ South Caldwell – 10:00AM</u>
<u>Wednesday April 1st, 2020</u>	<u>Alexander, Freedom, South Caldwell</u>	<u>@ South Caldwell – 4:30PM</u>
<u>Wednesday April 8th, 2020</u>	<u>CALDWELL COUNTY CHAMPIONSHIPS</u>	<u>@ South Caldwell – 4:30PM</u>
Saturday April 11 th , 2020	BOJANGLES TRACK & FIELD CLASSIC	@ Spring Valley High School, Columbia, SC – 9:00AM
April 12 th – April 19 th	SPRING BREAK	Practice TBA
Saturday April 18 th , 2020	BLUE RIDGE CLASSIC	@ AC Reynolds – 9:00AM
Wednesday April 22 nd , 2020	St. Stephens, McDowell, Hickory, South Caldwell	@ Hickory – 4:30PM
Wednesday April 29 th , 2020	NW 3A/4A CONFERENCE CHAMPIONSHIPS	@ Watauga – 12:00PM
Saturday May 9 th , 2020	4A WEST REGIONAL CHAMPIONSHIPS	@ Providence – 10:00AM
Friday May 15 th or 16 th , 2020	4A STATE CHAMPIONSHIPS	@ NC A&T – 10:00AM