

# **SHERIDAN HIGH SCHOOL**

## **2019 Track and Field**

<b>DAY</b>	<b>DATE</b>	<b>OPPONENT</b>	<b>Location</b>	<b>Start Time</b>
Sat	9-Mar	Columbine	Jeffco	
Fri	15-Mar	Frederick Pow Wow	Frederick	
Fri	22-Mar	Denver South	Denver	
Sat	30-Mar	Holy Family	Broomfield	
Fri	5-Apr	Thomas Jefferson Twilight	Denver	
Sat	13-Apr	Denver Christian Invitational	Lakewood	
Sat	20-Apr	George Washington	Denver	
Thurs	25-Apr	Rangeview Twilight	Aurora	
Sat	2-May	League 1pm alternative May 4th 9am	Bennett	
Sat	11-May	Last Chance-Rangeview	Aurora	
Thur	May-16-18	State	Lakewood	

Head Coach: Ian Kopcik  
Asst. Coach:

Principal: Eileen Doolan  
Asst. Principal: Shanna Ryan  
Athletic Director: Les Gomez  
Superintendent: Pat Sandos



# **GO RAMS!**