



# North State Academy

TRACK & FIELD

SPRING 2026 SEASON

## WEEKLY PRACTICES

### Friday

6:00 – 7:30 PM

Sequoia Middle School

WEEKLY

### Sunday

3:00 – 4:30 PM

Sequoia Middle School

WEEKLY

### Mon & Wed

Field Events

Grace · Coached by Hope

FIELD EVENTS

## MEET SCHEDULE

APR  
30  
THU

### Black Butte Invitational

Black Butte

\*4th Graders Included

3:30 PM

MAY  
7  
THU

### Black Butte Invitational

Black Butte

\*4th Graders Included

3:30 PM

MAY  
9  
SAT

### West Valley HS Meet

West Valley High School · Redding

\*TBD – Possible Meet

10:00 AM

MAY  
12  
TUE

### Shasta High School

Shasta High School

5:30 PM

MAY  
14  
THU

### Black Butte Invitational

Black Butte

\*4th Graders Included

3:30 PM

MAY  
19  
TUE

### West Valley High School

West Valley High School

5:00 PM

MAY  
21  
THU

### Black Butte Invitational

Black Butte

\*4th Graders Included

3:30 PM

MAY  
26  
TUE

### 🏆 Finals

West Valley High School

4:00 PM

■ Meet   ■ Finals   ■ TBD / Possible