

| Date | Start | Event Name | Location |
|----------------|--------------|---|---|
| Mon 03/08/2010 | 12:00 pm | Spring Sport Parent Meetings | AHS Auditorium AHS Commons AHS Community Room |
| Fri 03/19/2010 | 3:30 pm | Track @ Tumwater Opener | Tumwater High School |
| Wed 03/24/2010 | 3:30 pm | Track @ Tumwater w/ WF West | Tumwater High School |
| Fri 03/26/2010 | 3:30 pm | Track @ Montesano Relays | Montesano High School |
| Sat 04/10/2010 | 3:30 pm | Track @ GH County Meet (NBHS) | North Beach High School |
| Thu 04/15/2010 | 3:30 pm | Track @ Hoquiam | Hoquiam High School |
| Mon 04/19/2010 | 2:45 pm | MJH Track Begins | Miller JH |
| Wed 04/21/2010 | 3:30 pm | Track (H) Centralia w/ River Ridge | Miller JH |
| Fri 04/23/2010 | 3:30 pm | Track @ Chehalis Activator Classic | W F West High School |
| Sat 04/24/2010 | All Day | Track @ Chehalis Activator Classic | W F West High School |
| Wed 04/28/2010 | 3:30 pm | Track (H) Black Hills & Elma | Miller JH |
| Sat 05/01/2010 | All Day | Track @ Shelton Invitational | Shelton High School |
| Tue 05/04/2010 | 4:00 pm | MJH Track vs Hoquiam | Miller JH |
| Thu 05/06/2010 | 4:00 pm | MJH Track at Elma | Elma Middle School |
| Fri 05/07/2010 | 3:30 pm | Track @ Shaner Invite | Tumwater High School |
| Sat 05/08/2010 | TBD | Track @ Freshman Meet | Elma High School |
| Tue 05/11/2010 | 4:00 pm | MJH Track at Hoquiam | Hoquiam High School |
| Thu 05/13/2010 | 4:00 pm | MJH Track at Montesano | Montesano High School |
| Fri 05/14/2010 | 3:30 pm | Track @ EVCO League Meet | Tumwater High School |
| Tue 05/18/2010 | 4:00 pm | MJH Track vs Elma | Miller JH |
| Thu 05/20/2010 | 4:00 pm | MJH Track vs Hoquiam @ Miller | Miller JH |
| Fri 05/21/2010 | 3:00 pm | Track @ District 4 Championship Meet | Tumwater High School |
| Tue 05/25/2010 | 4:00 pm | MJH Track 7th Grade Districts at Chehalis | W F West High School |
| Wed 05/26/2010 | 4:00 pm | MJH Track 8th Districts at Miller | Miller JH |
| Thu 05/27/2010 | TBD | Track @ State 2A Championships | Mt Tahoma |
| Thu 05/27/2010 | 2:45 pm | MJH Track Ends | Miller JH |
| Fri 05/28/2010 | TBD | Track @ State 2A Championships | Mt Tahoma |
| Sat 05/29/2010 | TBD | Track @ State 2A Championships | Mt Tahoma |