

Alpine School District Middle School / Jr. High Track Schedule 2025

	Date	Host School	Visiting School(s)	Bye Week
March 17 - 21	Tues, March 18	American Fork (@ AF High School)	Lehi	Willowcreek, Orem, American Heritage, Vista Heights, Oak Canyon
	Wed, March 19	Frontier (@ Cedar Valley HS - 1:30 p.m.)	Lake Mountain	
	Wed, March 19	Mountain Ridge (@ Lone Peak HS)	Viewpoint	
	Thur, March 20	Lakeridge	Timberline MS	
	Friday, March 21	Pleasant Grove (@ PG HS)	Canyon View	
March 24 - 28	Mon, March 24	Willowcreek MS (@ Lehi HS - 2:00 p.m.)	American Fork	Lakeridge, Lake Mountain, Viewpoint, Pleasant Grove Jr.
	Tues, March 25	Frontier MS (@ Cedar Valley HS - 1:30 p.m.)	Mountain Ridge	
	Wed, March 26	Oak Canyon JH (@ Timpanogos HS)	Orem Jr.	
	Wed, March 26	Lehi Jr. High (@ Skyridge HS)	Vista Heights	
	Tues, March 25	TMS & American Heritage	Canyon View	
Mar 31 - Apr 4	Spring Break			
April 7 - 11	Mon, April 7	Willowcreek (@ Lehi HS - 2:00 p.m.)	Lake Mountain	Lehi Jr. High, American Fork Jr.
	Tues, April 8	Viewpoint MS & American Heritage	Pleasant Grove	
	Wed, April 9	Canyon View JH (@ Orem HS)	Oak Canyon	
	Wed, April 9	Vista Heights MS (@ Westlake HS)	Frontier	
	Thurs, April 10	Mtn. Ridge JH (@ Lone Peak HS)	Timberline	
	Thurs, April 10	Lakeridge JH	Orem	
April 14 - 18	Tues, April 15	Pleasant Grove Jr. (@ PG HS)	Orem	Canyon View, Frontier, Timberline
	Wed, April 16	Oak Canyon Jr. (@ Timpanogos HS)	Willowcreek	
	Wed, April 16	Lake Mountain MS (@ Westlake HS)	Vista Heights	
	Thurs, April 17	Viewpoint MS & American Heritage	Vista Heights	
	Thurs, April 17	Lakeridge JH	American Fork	
	Friday, April 18	Lehi Jr. High (@ Skyridge)	Mountain Ridge	
April 21 - 25	Wed, April 23	Canyon View JH (@ Orem HS)	Lehi, Willowcreek	Mountain Ridge, Vista Heights
	Wed, April 23	American Fork JH (@ American Fork HS)	Pleasant Grove, Frontier	
	Wed, April 23	Orem JH (2 p.m.)	Viewpoint	
	Thurs, April 24	Timberline & American Heritage	Oak Canyon	
	Thurs, April 24	Lakeridge JH	Lake Mountain	
April 28 - May 2	Makeup Week			
May 5-6 (Alpine Days)	Mon, Tues	Alpine Days Championship @ Mountain View HS		Meet begins at 11:00 a.m. on both days
	May 5-6			

Practices may begin on February 18th (after President's Day).