



## 2023 Track Season

### Coaches:

Cheryl Stock – throwers and jumper

Katie James – distance

Owen Carrick – sprinters

**Practices:** Morning practices. 7:15 – 8:15A,

Monday, Tuesday, & Friday mornings, Thursday Flex

### Meets:

10-Mar	16-Mar	22-Mar	25-Mar	29-Mar	12-Apr	15-Apr	19-Apr
WFHS	WFHS	Lambert	Make-up	FCHS	EFHS	Make-up	WFHS
2:00	5:45	5:45		5:45	5:45		3:00
<b>MS Invitational Meet</b> 2:00 Field 4:00 Running	VCMS	**SFMS		LMS	NFMS		<b>County Meet</b> <b>OMS</b> <b>PGMS</b> 3:00 Field 5:00 Running
	DMS	DMS		HMS	LMMS		
	NFMS	LSMS		SFMS	OMS		
	OMS	OMS		OMS	PGMS		
	PGMS	VCMS		RMS	SFMS		
	SFMS						
	**HOST						

**Transportation:** bus drops athletes off at the high school, parents pick up their child from meet.

**Athlete fees:** \$40 pre-meet meals, \$15 banquet - \$55; \$75 SNAPRAISE fundraiser

<https://sfmstrack2023.itemorder.com>

\$62 for hoodie and sweatpants – paid at the online store

**HOST MEET: March 22 @ Lambert.** We will need help to run the concessions.

**Pictures:** We take a team photo. No photographer or individual pictures.

**Banquet:** Awards and banquet is casual. After school.

**Uniforms** are expected to be returned at the end of the season.

**Events:** Hurdles, 4x100 relay, 1600, 400, 100, 800, 200, 4x 400 relay

Field Events: Shot put, discus, high jump, long jump