

TRACK AND FIELD 2018 UPDATE

Monday 7:45am: Long distance running (800m and 1500m) Mrs. Zubick/ Mrs. Jones meet at the gym

Tuesday 7:45am Sprints (100m and 400m) and Relays Mr. Hanna / Mr. Crawford / Miss McClean meet in the gym

Wednesday lunch: Discus and Shot Put Mr. Fung, Mr. Birsan and Mrs Zubick meet in gym and then head out to the field

Wednesday 3:10pm: Long Jump Mrs. Liski meet in the gym first

Thursday 3:00pm Gym Whole Team: All disciplines meet and we rotate through the different events.

COACHES: Mrs. Zubick, Mrs. Jones, Mr. Hanna, Mr. Crawford, Mr. Birsan, Mrs. Liski, Mr. Fung, Miss McClean

There will be two mini meets: We attempt to be finished by 5pm at the very latest

Wed. April 25 @Como Lake Middle School(Events are subject to change)

1500m 100m 400m Long jump Shot Put Javelin

Wed. May 2nd @ Eagle Mtn(Events are subject to change)

800m 4X100 High Jump Triple Jump Discus

District Meet at Town Center Track on Friday May 11th

Come to practice changed and ready to go!!

THERE WILL BE AN OFFICIAL ATHLETIC FEE \$15 REQUIRED IF YOU HAVE NOT PLAYED ANY OTHER SPORTS THIS YEAR.

QUESTIONS???? ASK MRS. ZUBICK IN ORCA TEAM☺

