

Hello,

Anyone interested in Track and Field should sign up on FamilyID as soon as possible. If you need a physical, please take care of that ASAP. Conditioning/practice will start on Feb 10th at 3:30 on the THS track. Do not come unless you have your FamilyID and physical complete.

You MAY NOT compete in a club and high school sports at the same time and there is a mandatory sit out requirement if you have been participating in any club sport activities.

Practices will go from 3:30-4:45, Monday - Thursday. We will not practice in person on Fridays.

We will have 5 dual meets, one each Thursday starting Feb 25. The meets will not be scored and there will be no invitationals, league championships, divisionals, masters, or state meets. The meets are to get times and have fun with some friendly competition.

Masks must be worn at all times during practice, and team size will be limited to minimize crowd density as much as possible. Other safety measures will be discussed at practice, or you can email your coach with questions.

The cutoff to get FamilyID and physicals done is Wed Feb 17th. After this date it will be too late to join the team, assuming there is even still room. Spots on the team will be assigned based on remaining competition capacity for the event(s) you are interested in, with priority going to returning athletes among several other factors.

If you are ineligible because of grades, do not bother signing up for Track. The season is so short there is no meaningful time left by the time you get eligible and we will not waste a limited spot on the team on someone who can't participate.

For any Track related questions, go ahead and email Coach Weagley at mrsweagley@gmail.com, or you can contact your event coach.

Have a great day!

Track & Field Coaching Staff