



TMS Track & Field

Highlights

Practices begin on April 4, 2:30-4:00 and season ends **May 12, 2022**

More information available at [TMS/Athletics/Track and Field](#) Meet in large gym

Wear athletic shoes and warm athletic pants and coats - we will be outside unless there is snow.

Eligibility

___ Registration on PlanetHS, Current Physical uploaded to PlanetHS (Follow the Athletic tab on the school website.

___ Fees \$100 or \$50 (free and reduced lunch eligibility) Use SchoolPay for this.

___ All athletes must attend school the day before and day of meets unless prior arrangements have been made with administration and/or coaches.

Expectations: This sport allows students to be outside with their friends, but we are also about doing our best and that means 1) coming to practices prepared (wear clothing that will keep you warm), 2) being safe, 3) having a good attitude, 4) competing at meets.

RUNNING EVENTS:

110-meter hurdles, 100 meter dash, 100 meter dash, 4X200 meter relay, 1600 meter run, 4X100 meter relay, 400 meter, 800 meter, 200 meter, 4X400 meter relay

THROWING EVENTS:

Discus, Shot

JUMPING EVENTS:

Long jump, Triple jump, High jump

Contact David.Knopp@matsuk12.us with questions

