



## TMS Track & Field

### **Highlights**

Practices begin on April 10, 2:30-4:00 and season ends **May 17, 2023**

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.

### **Registration and 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:** Track allows students to be outside with their friends, **with the expectation of 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, 4X200 meter relay, 1600 meter run, 4X100 meter relay, 400 meter, 800 meter, 200 meter dash, 4X400 meter relay

### **THROWING EVENTS:**

Discus, Shot

### **JUMPING EVENTS:**

Long jump, Triple jump, High jump

Contact [David.Knopp@matsuk12.us](mailto:David.Knopp@matsuk12.us) with questions