



## Interested in the 2024 Canton Men's Track and Field Team?

Go to this page: [bit.ly/CantonTrack24](https://bit.ly/CantonTrack24) or scan the QR code below to fill out our athlete information form and join our contact list.

**Track & Field Athlete Interest Meeting:** Monday November 6th  
2:30 pm, Rm 305 Phase III

**Preseason Workouts Begin:** December 4th, 4:30-6:00 pm  
Plymouth Indoor Track

Information regarding **Pole Vault** winter workouts and weight room times for **Throwers** to follow.

Preseason workouts continue through the end of February. **Spring season outdoor practices** begin **Monday, March 4, 2024**.

Looking for an **Indoor Winter Track Club**? Join **Dearborn Track Club** (website [thedearborntrackclub.weebly.com](https://thedearborntrackclub.weebly.com)) with Coach Jon Mehl at EMU Bowen Field House starting 12/4.

### Team Coaches:

Jess Shough (Head Coach) - [cantonboysttrackandfieldvarsity@pccsk12.com](mailto:cantonboysttrackandfieldvarsity@pccsk12.com), (734) 564-0556

Jon Mehl (Sprints, Hurdles, Jumps)

Tony Floyd (Distance)

Terry Kayser (Pole Vault)

Gevon Foreman (Throws)

DeAngelo Merridith (Throws)

### Team Captains:

Brandon Blandino

Mitchell Clark

Sy Henney

Daniel James

Nathan Levine

Michael Yu

