

Gull Lake Track & Field

◆WANT TO BE HERE ◆

◆DON'T LET YOU OR YOUR TEAMMATES DOWN ◆

◆GIVE HONEST & GRATEFUL EFFORT AT ALL TIMES◆

Week 1

Middle School Gym

Monday

3 - 5

Check in to make sure all of your Planet High School is updated.

Whole group to start

Sprinters and Throwers will start inside and then outside depending on the weather.

Distance will start inside and go outside no matter what.

Wednesday - Early Release

Start with your event groups

1:30 - 3:30pm

Tuesday, Thursday & Friday

Sprinters and Throwers will start inside and then outside depending on the weather.

Distance will start inside and go outside no matter what.

Sprinters & Hurdlers Only: 3 - 4:15

HJ, LJ and PV: 4:15 - 5:00

Throwers: 2:40 - 4:15

Distance: 3 - 5

Friday

Uniforms

Each event coach will hand out uniforms at practice

*****Next Monday, March 20*****

Parent Night

7 PM - High School Cafeteria

An opportunity to meet the coaches, get your questions answered and sign up to help with meets.