

South Lyon Track & Field Website:  
[www.southlyontrack.weebly.com](http://www.southlyontrack.weebly.com)

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# South Lyon Track and Field Information

The track and field team is where athletes compete against themselves to improve their performance while building confidence. We teach athletes to apply their fullest potential through hard work, goal setting, dedication, attitude and self-motivation.

We start non-mandatory conditioning in January while our season begins the second week of March.

Check out the website that is updated daily for times and places.

