South Lakes Outdoor Track & Field 2019

Practice will begin on Monday, February 18 at 10:00 AM (subject to change)

Pre-season conditioning will take place at 3:15 PM through February 15. Please meet at the track.

You must have the following to begin conditioning and practice:
✓ Completed SL Track & Field interest form: https://goo.gl/forms/GCcwsHjahjKv4HI3
✓ Completed SL Athletics Department survey: https://t.co/Q2mCYXVKmW
✓ Physical completed (info needs to be filled out on the proper form)
✓ Emergency care card completed and submitted to activities office
✓ Completed on-line concussion test (you and a parent) : https://t.co/HAPkZfk8hO
✓ FCPS Participation Policy completed, signed and submitted to activities office
  ✓ All forms must be turned into activities office beginning conditioning and final deadline is Thursday, February 14. If you are not cleared by the activities office by February 14, you will not be allowed to attend practice on February 18. Each missed practice for this reason is unexcused.
✓ Running shoes in good condition (preferably two pairs)
✓ Proper technical running gear (be prepared for all weather conditions)
  ♦ Tights
  ♦ Shorts
  ♦ Shirts
  ♦ Jackets
  ♦ Hats
  ♦ Gloves
  ♦ Socks
  ♦ Extra dry clothes for after practice
✓ Water bottles
✓ Quick Fixes
✓ Training Log
✓ Watch with stopwatch

Practices: Most practices will be held at 3:15 PM daily and will be held most Saturday mornings (9 AM), unless there is a meet. Each practice will last between 2-2.5 hours. Practice will be held regardless of weather. We will go inside if necessary.

Competitions: Each athlete in good standing will be scheduled to compete multiple times throughout the season.

Events of Outdoor Track & Field: 100 meter dash, 200 meter dash, 400 meter dash, 800 meter run, 1600 meter run, 3200 meter run, 100/110 meter hurdles, 300 meter hurdles, 4 x 100 meter relay, 4 x 400 meter relay, 4 x 800 meter relay, long jump, triple jump, high jump, pole vault, shot put, and discus throw.

Outlook: The 2019 South Lakes Track & Field season promises to be fun and exciting as the great tradition of success from dedicated and hard-working athletes continues. Please visit www.southlakesathletics.org, the outdoor track and field page for further information and updates.