PLMS Track 2015
Information Sheet

First day of track for all grades is Monday, April 13.
Practices are Monday – Thursday, after school until 3:35 (4:50 on Wednesdays).
You must attend all practices unless you have notified your coach.
Everyone who turns out for the team is on the team and everyone competes at meets.

Things you need to do to be eligible:
- Have your sports physical turned in to the office.
- Informed Consent form signed by parent and turned in to the office.
- Emergency form filled out by parent and turned in to the office.
- Sports fee of $45 paid by April 24. That can be paid on-line now or at the bookkeeper’s office.

What do we do?
- Each day after school, go to locker room and change into workout clothes.
- We have coaches for the girls and boys and each grade.
- Typically we have a work out on one side of the track for girls and the other side for boys.

What are the different races/events at track meets?
- Running races: 75m hurdles, 100m, 200m, 400m, 800m, 1600m
- Relay races: 4x100m, 4x200m and Medley (100-100-200-400)
- Field Events: long jump, high jump, discus, shot put
- Students are assigned to races by coaches based on their times/results during practices and what is best for the team.

Track Meets
- Meets start at 3:00 and go until about 6:30.
- Thursday, May 7 – Home vs. Issaquah
- Thursday, May 14 – Away vs. Pacific Cascade
- Tuesday, May 19 – Home vs. Beaver Lake
- Tuesday, May 26 – Away vs. Maywood
- Tuesday, June 2 – Finals at Issaquah High School

Head Coaches: Mr. Cress & Ms. Hardy