

LEGACY LIONS

Middle School Track & Field

Start Date: Tuesday, March 21 (weather permitting)

Head Coach: Jessica Ries | 13jries@lcamn.org & 763-226-3183

Practice Information

- Tuesdays & Thursdays
- 2:45-4:15pm (LCA participants) & 3:30-4:45pm (PACT participants)
- Monday practices will begin in May.
- Participants should meet Coach Ries at the top of the main staircase at LCA prior to the start of each practice.

Meet Information

- Busing is NOT provided to meets.
- Meets typically start at the end of April and go through May and are held on Tuesdays and Thursdays.
- Start Time: 4:15pm
- Each grade level competes against itself. All 5th graders will be listed as 6th graders for meets. In each running event, girls will run together then boys will run together.
 - Example: Hurdles
 - 8th grade girls then 8th grade boys
 - 7th grade girls then 7th grade boys
 - 5th/6th grade girls then 5th/6th grade boys
- 1600m Run, 80m Low Hurdles, 4x200m Relay, 400m Run, 100m Run, 800m Run, 200m Run, 4x100m Relay, 4x400m Relay, Shot Put, Long Jump & High Jump
- In case of inclement weather and track meetings have to be cancelled, the meets most likely will not be made up due to the availability of the high school tracks. Every attempt will be made to conduct the meets.

Uniforms

LCA will provide each participant with a LCA track top. Participants will need to provide their own shorts (black or gray). Uniforms will be distributed on March 27.

Picture Day: **April 6** at 3:30 PM

Participation Fee: \$125 (Online registration required)



LEGACY

3037 BUNKER LAKE BLVD. NW
ANDOVER, MN 55304
PHONE 763.427.4595
FAX 763.427.3398
WWW.LCAMN.ORG