



2017 WAVES TRACK SEASON
COME RUN TRACK WITH THE WAVES!

THE FOLLOWING INFORMATION WILL BE UPDATED DECEMBER 2016:

-OUR USATF TRACK SEASON OFFICIALLY BEGINS IN MARCH 2017.

-PLEASE CHECK THE WEBSITE FOR CONDITIONING WORKOUTS ON SELECT SATURDAYS IN JANUARY AND FEBRUARY.

-A PARENT/TEAM MEETING WILL BE HELD THE 1ST WEEK OF MARCH.

-WE WILL PROCEED WITH A REQUEST/PERMIT TO TRAIN AT THE CSUSM TRACK.

-PRACTICE WILL TENTATIVELY BEGIN MONDAY AND WEDNESDAY FROM 6:00 TO 7:30 PM.

-FOR TEAM REGISTRATION/FEEES- PLEASE GO TO OUR MEMBERSHIP LINK. FEES WILL REMAIN THE SAME AS THE 2016 CROSS COUNTRY SEASON.

-PLEASE SEND A REQUEST TO BE ADDED TO OUR 2017 PARENT-TEAM EMAIL LIST.

-PARENTS AND/OR COACHES INTERESTED IN ASSISTING THE TEAM PLEASE CONTACT COACH HECTOR MENCHACA.

THANKS FOR YOUR INTEREST IN THE SAN DIEGO WAVES. GO WAVES!