

Track Schedule

Practices schedule: Monday – Thursday 3:00 – 4:00

Meet schedule:

March 29 @ Yukon (~~9:00~~)

April 5 @ OCS (9:30)

April 11 @ PC North (3:30)

April 18 @ Choctaw (10:00)

Athletes should bring a water bottle, running clothes, and running shoes to each practice. They should have clothes for running in the cold weather, such as sweats or tights.

Please sign up for the remind app, as this will be the primary method for communication if Coach Adams or Coach McCrary need to get information out. If you are able to help provide water, gatorade, snacks, etc. for the meets, please let us know through the app.