

2024 Track & Field

Dear Athletes & Parents,

Welcome to the 2024 Track & Field season! We are excited to begin another great season of running, jumping and throwing!

Practices will begin on Monday, April 15th and the season will end on May 14th.

Practice Schedule

Practices will be held Monday through Friday from 3:00-4:15 pm. Please pick up your athlete at the Hwy 45 entrance no later than 4:20 pm.

- No practice: April 22nd
- We will practice on Early Release days: April 17th and May 8th. Students are allowed to stay after school until the start of practice at 3:00.
- Bristol Track Day at Central: TBD
- Athletes should change in the locker rooms & meet in the big gym by 3:00.
- Wear a good pair of running shoes and comfortable clothes to practice. Most practices will be outside (even in rain) so please dress appropriately.
- All athletes are expected to attend all practices. If your athlete can not attend, please let the coaches know via email.

Meet Schedule

There are two meets during the track season. Both meets will be held at Westosha Central High School. **There will be no school provided transportation after the meet: all athletes must be picked up from Central HS.**

- Divisional Meet: Thursday, May 9th
 - Field events begin at 3:30 pm
 - Running events begin after completion of field events.
 - Rain Date: May 10th
 - Everyone will participate in at least one event at this meet.
- Conference Meet: Tuesday, May 14th
 - Field events begin at 3:30 pm
 - Running events begin after completion of field events.
 - Rain Date: May 15th
 - Bristol will put forth their best team to compete for the Conference title.
 - Uniform shirts **MUST** be turned in prior to leaving the event.

All practices 3:00-4:15

- Monday, April 15
- Tuesday, April 16
- Wednesday, April 17
- Thursday, April 18
- Friday, April 19

- Tuesday, April 23
- Wednesday, April 24
- Thursday, April 25
- Friday, April 26

- Monday, April 29
- Tuesday, April 30
- Wednesday, May 1
- Thursday, May 2
- Friday, May 3

- Monday, May 6
- Tuesday, May 7
- Wednesday, May 8
- Thursday, May 9 Divisional Meet at Central High School
- Friday, May 10

- Monday, May 13
- Tuesday, May 14 Conference Meet at Central High School

Coach Contact Information

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If you have any questions or concerns, please do not hesitate to reach out! We hope that you and your athlete are as excited for the upcoming season as we are!

Track Meet Order of Events

Field Events

Start at 3:30 pm

Boys Discus & Girls Shot
Boys Long Jump & Girls High Jump
Girls Discus & Boys Shot
Girls Long Jump & Boys High Jump

Running Events

Start after completion of field events.

100 Meter Prelims
200 Meter
800 Meter
100 Meter Finals
800 Meter Relay
400 Meter
1600 Meter
400 Meter Relay

Girls run first in all running events.

Though many athletes are competing as individuals at a track meet, this is a team sport. It is expected that all athletes stay for the duration of the meet to cheer on their teammates.

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