

# 2025 Track & Field

Dear Athletes & Parents,

Welcome to the 2025 Track & Field season! We are excited to begin another great season of running, jumping and throwing!

**Practices will begin on Monday, March 31st and the season will end on Monday, May 12th.**

## 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 11, April 18 and April 21
- We **will practice** on early release day: May 9th. Students are allowed to stay after school until the start of practice at 3:00. We will end at 4:15.
- **Bristol Track Day at Central:** Wednesday, April 9th **Parents will need to pick up students from Westosha Central High School at 4:30. There is no bus back to Bristol.** You will wait by the football field area.
- 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 cold & rain) so please dress appropriately.
- All athletes are expected to attend all practices. If your athlete can not attend, please let the coach(es) 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:** Wednesday, May 7th
  - Field events begin at 3:30 pm
  - Running events begin after completion of field events.
  - Everyone will participate in at least one event at this meet.
- **Conference Meet:** Monday, May 12th
  - 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.

## **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.

### **Coach Contact Information**

Karla Sturycz

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

## Track Calendar

Week	Date	Time
1	Monday, March 31st	Practice 3:00-4:15
	Tuesday, April 1	Practice 3:00-4:15
	Wednesday, April 2	Practice 3:00-4:15
	Thursday, April 3	Practice 3:00-4:15
	Friday, April 4	Practice 3:00-4:15
2	Monday, April 7	Practice 3:00-4:15
	Tuesday, April 8	Practice 3:00-4:15
	Wednesday, April 9	Track Day at Westosha Central High School Pick up from the football field area at 4:30 pm
	Thursday, April 10	Practice 3:00-4:15
3	Monday, April 14	Practice 3:00-4:15
	Tuesday, April 15	Practice 3:00-4:15
	Wednesday, April 16	Practice 3:00-4:15
	Thursday, April 17	Practice 3:00-4:15
4	Tuesday, April 22	Practice 3:00-4:15
	Wednesday, April 23	Practice 3:00-4:15
	Thursday, April 24	Practice 3:00-4:15
	Friday, April 25	Practice 3:00-4:15
5	Monday, April 28	Practice 3:00-4:15
	Tuesday, April 29	Practice 3:00-4:15
	Wednesday, April 30	Practice 3:00-4:15
	Thursday, May 1	Practice 3:00-4:15
	Friday, May 2	Practice 3:00-4:15
6	Monday, May 5	Practice 3:00-4:15
	Tuesday, May 6	Practice 3:00-4:15

	Wednesday, May 7	Divisional Meet at Westosha Central. Field events begin at 3:30; Running events follow. No bus back to Bristol. Meet should conclude around 5:30. Students must be signed out from the meet.
	Thursday, May 8	Practice 3:00-4:15
	Friday, May 9	Early Release: Practice 3:00-4:15
7	Monday, May 12	Conference Meet at Westosha Central. Field events begin at 3:30; Running events follow. No bus back to Bristol. Meet should conclude around 5:30. Uniform shirts must be returned! Students must be signed out from the meet.
	Thursday, May 15	Conference Meet Rain Date