

2022 Eagle Track Preseason Conditioning

Starting Tuesday, February 1, there will be several track preseason conditioning days. The purpose of the conditioning days are to prepare athletes for the upcoming track season. Any/all athletes are invited to participate. ***Participation in preseason conditioning is NOT required for participation during the track season***, but is recommended.

Preseason Days: Week One: Tuesday, Feb. 1 and Thursday Feb. 3
 Week Two: Tuesday, Feb. 8 and Thursday, Feb. 10
 Week Three: Tuesday, Feb. 15 and Wednesday, Feb. 16

Time: TBD. Meet in the Oak Canyon Junior High Weight Room.

Workouts: Come run sprints, distance, or practice field events.

2022 Eagle Track Season officially begins on Wednesday, February 23

At this point, permission forms, physical forms, and \$25 participation fee will be required. They **MUST** be turned in before participation at the first track meet.

Events: **Distance-**800m, 1600m, 3200m (3200m is for 9th graders)
 Sprints- 100m, 200m, 400m, 4x100 relay, 4x400 relay
 Field- High Jump, Long Jump, Shot Put

Eligibility:

- * \$25 participation fee paid to the Financial Office
- * Have at least a 2.0 GPA with no more than one F grade in 3rd quarter (District Requirement)
- * Permission form signed (a new permission form is required each year)
- * Physical form on file at school (physical must be within the past year)

Practice Schedule: More information will be coming soon.

Meet Schedule: More information will be coming soon

2022 Alpine Days District Championship Meet

Tuesday, April 19 and Wednesday, April 20 @ Mountain View High School