

## VHS - CONTACTS AND INFORMATION

**Sport/Activity:** Track and Field

*For more information, please see also the "Activity Disclosure Statement" for this sport/activity.*

### Head Coach

- Name: Nicole Lloyd
- Email: nilloyd@dsdmail.net Phone: 801-712-0466

### Assistant Coaches

- Donna Parker
- Trent Hooper
- Sarah Egnew
- Jessie Trauner
- Zack Lloyd

### Tryout Information

- **NOTE: A CURRENT PHYSICAL MAY BE REQUIRED TO HAVE PRIOR TO TRYOUTS OR PARTICIPATION IN THIS SPORT/ACTIVITY.**
- Tryouts Required: Yes  No
- Dates: \_\_\_\_\_
- Times: \_\_\_\_\_
- Location: \_\_\_\_\_

### Season Schedule

See attached.  
Practices will start on 2/27/23 at 2:45 at VHS track.

## Fundraisers

Fundraiser #1: Jr. High Track Meet

Purposes for fundraising:

- high jump pole, assistant coaches pay, banquet & awards
- fee waiver costs, equipment updates
- \_\_\_\_\_

Fundraiser #2: \_\_\_\_\_

Purposes for fundraising:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Fundraiser #3: \_\_\_\_\_

Purposes for fundraising:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Fundraiser #4: \_\_\_\_\_

Purposes for fundraising:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Fundraiser #5: \_\_\_\_\_

Purposes for fundraising:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Extended Travel

**Up to \$1,400.00 can be charged to participating students for extended travel related to a team/group. Our sport/activity could possibly travel.**

Do you plan to travel with this team/group: Yes  No

Tentative Month of Travel: \_\_\_\_\_

Tentative Price for Travel: \_\_\_\_\_

# Viewmont 2023 Season Track Schedule

**Outdoor Practices will begin Monday, February 27<sup>th</sup> at 2:45 PM on the track**

- February 15<sup>th</sup>                      Parent meeting in VHS Library                      5:00 pm
- February 27<sup>th</sup>                      First day of practice- VHS track                      2:45 pm
- March 15<sup>th</sup>                          Northridge, Woods Cross @ VHS track                      3:00 pm
- March 22<sup>nd</sup>                          JV @ Woods Cross HS                                      3:00 pm
  - *March 24<sup>th</sup>-25<sup>th</sup>*                      *Valhalla Track Club Meet Pineview Invitational*
- **March 29<sup>th</sup> & 30<sup>th</sup>**                      **Davis District Championships @ Syracuse HS**                      **3:00 pm (bus TBD)**

~~◦ *March ??? (Saturday)*                      *Junior High Fundraiser Track Meet*                      *9am-12pm*~~

-----*Spring Break April 3<sup>rd</sup> through April 7<sup>th</sup> Practices to be Announced*-----

~~◦ *April 11<sup>th</sup> ??? Junior High Meet* 03:15 (early out to set up)~~

- **April 12<sup>th</sup>**                          **Region Relays @ Woods Cross HS**                          **3:00 pm**  
 (4x1, 4x2, 4x4, 4x8) (Medley, 110h, 4x2 B, 4x4 B, 4x8 B, 1600), 4 contestants for field events
- **April 15<sup>th</sup>**                          **Grizzly Invitational @ Logan HS**                          **8:00 am (bus TBD)**
  - *April 19<sup>th</sup> Junior High Meet. (Centerville, Farmington, Mueller Park, Fairfield)*                      *3:15 (early out to set up)*
- April 20<sup>th</sup>                          VHS, Bonneville @ Bountiful HS                          3:00 pm
- April 21<sup>st</sup>                          Wildcat Invitational @ Woods Cross HS                          3:00 pm
- April 29<sup>th</sup>                          Davis Invitational @ Davis HS                          3:00 pm
- May 3<sup>th</sup>                              VHS, Box Elder @ Bonneville HS                          3:00 pm
- ~~May 5<sup>th</sup> & 6<sup>th</sup>~~                      ~~BYU Invite (select athletes)/Sentinel Twilight (Mtn Ridge HS)~~                      ~~2:30 pm (bus TBD)~~
- **May 10<sup>th</sup> & 11<sup>th</sup>**                      **Region Championships @ Box Elder HS**                      **3:00 pm**
- May 16<sup>th</sup>                          JV Region- All Schools @ VHS track                          3:00 pm
- **May 18<sup>th</sup> & 20<sup>th</sup>**                      **State Championships @ BYU**                          **All Day Both Days**

**BOLD ARE STATE QUALIFYING MEET.** These dates are subject to change Coaches will notify prior to changes.  
 We will be hosting several Junior High meets all athletes must help

## TRACK AND FIELD SUGGESTED TIME SCHEDULE FOR REGION MEETS

3:00	Girls Discus	Boys to follow
	Girls High Jump	Boys to follow
	Girls Javelin	Boys to follow
	Boys Shot Put	Girls to follow
	Boys Long Jump	Girls to follow

3:20	Girls 4x800 Relay
	Boys 4x800 Relay
	Girls 100 M Hurdles
	Boys 110 M Hurdles
	Girls 100 M Dash
	Boys 100 M Dash
	Boys 1600 M Run
	Girls 1600 M Run
	Girls 400 M Relay
	Boys 400 M Relay
	Girls 400 M Dash
	Boys 400 M Dash
	Girls 300 M Hurdles
	Boys 300 M Hurdles
	Girls 800 M Run
	Boys 800 M Run
	Girls 4x200 Relay
	Boys 4x200 Relay
	Girls 200 M Dash
	Boys 200 M Dash
	Boys and Girls 3200 M Run (Combined)
	Girls 4x400 M Relay
	Boys 4x400 M Relay

Events will be moved ahead of time schedule if possible. Athletes should report to the starting line or their respective field events areas by second call or they will be scratched from the event.

\*Boys and Girls 3200m Run may be separated if there are enough participate

## **MEET ADDRESS LIST**

- Box Elder High School 380 S 600 W, Brigham City
- Bonneville High School 251 E 4800 S, Washington Terrace
- Brigham Young University 1700 N Canyon Rd, Provo
- Davis High School 325 S. Main Street, Kaysville
- Logan High School 162 W 100 S, Logan
- Mountain Ridge High School 14100 Sentinel Ridge Blvd, Herriman
- Snow Canyon High School 1385 N 2400 W, St. George
- Syracuse High School 665 So 2000 West, Syracuse
- Woods Cross High School 600 W. 2200 So., Woods Cross