

# SPRING LAKE PARK TRACK + FIELD

Spring Sports Meeting  
March 1<sup>st</sup>, 2023



## GENERAL SCHEDULE

- Season starts **MARCH 13<sup>th</sup>** (spring break)
  - All students will need to self transport during spring break. If unable to make it due to transportation or vacation, no worries.
- Practice Monday-Friday, 3:30pm-5:30pm
- Westwood students bussed to the high school, pick up from here after practice.

## ***Track Events***

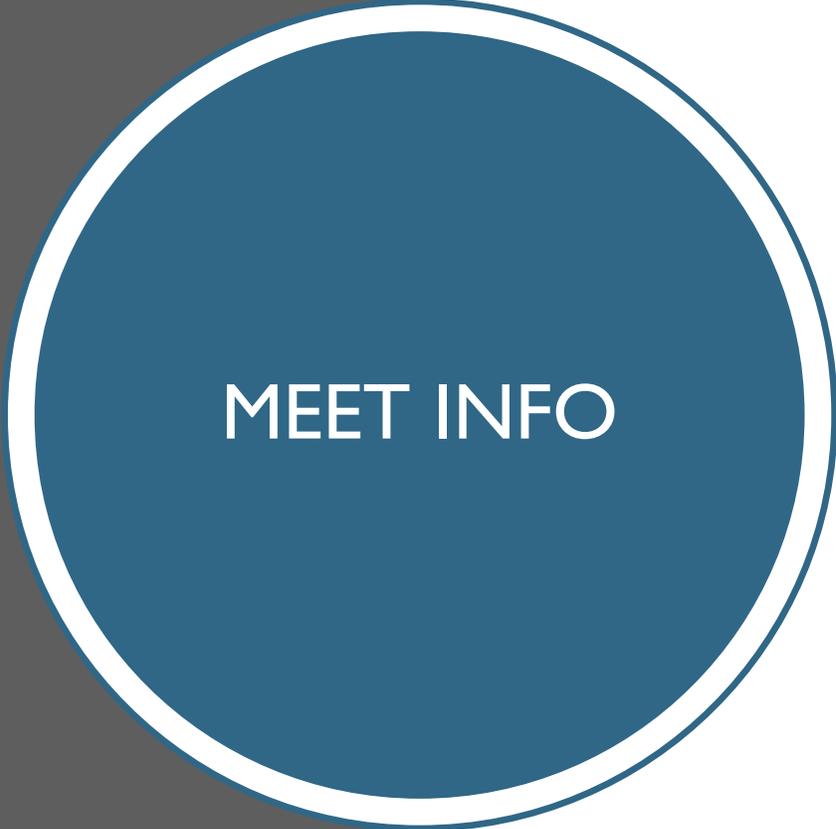
- 4x800m Relay
- 100m - High Hurdles (girls)
- 110m - High Hurdles (boys)
- 100m Dash
- 4x200m Relay
- 1600m Run
- 4x100m Relay
- 400m Dash
- 300m Hurdles
- 800m Run
- 200m Dash
- 3200m Run
- 4x400m Relay

## ***Field Events***

- Shot Put
- Discus
- Long Jump
- Triple Jump
- High Jump
- Pole Vault



# MSHSL Track and Field Event List



## MEET INFO

- The goal: one meet per week
  - The schedule is almost finished and NOT perfect to meet this goal
- Compete either JV or Varsity
- Ride bus to and from meet
- Athletes can compete in UP TO 4 total events
  - No more than 3 on the track or in the field
  - Athletes should maximize this and try new events!
- Will likely leave school early—students FIRST, athletes second

**MEET  
SCHEDULE**  
(SUBJECT TO CHANGE)

<b>DATE</b>	<b>LOCATION</b>	<b>WHO</b>
March 24	U of M	Top 3
April 5	Totino Grace	All
April 11	SLP	All
April 20	Osseo	V
April 25	Champlin Park	All
April 29	White Bear Lake	V
May 4	Andover	JV
May 5	SLP – Don Fineran Invite	V
May 9	Forest Lake (True Team)	V
May 10	SLP (JV True Team)	JV
May 18	Irondale (Greenslit)	V
May 18	Maple Grove (JV Conference)	JV
May 23	Elk River (Conference prelims)	V
May 25	Elk River (Conference finals)	V
May 31	Forest Lake (Section prelims)	V
June 2	Forest Lake (Section finals)	V

# EQUIPMENT

## Required

- Proper running shoes
  - (discounts for athletes at Right Fit Running, Run-n-Fun, TC Running)
- Water bottle
- Appropriate clothing
  - ***Always need sweats for every practice.*** Have rain gear and many layers on hand
  - Gloves, hats, jackets, tights, shorts, etc.

## Recommended/Optional

- Event specific shoes (track spikes or throwing shoes)
- Watch (required for distance - GPS watch optional)

## How to earn a varsity letter

- Hit the lettering standard in your event at a *meet* (must happen twice)
- Score 8 varsity points
- Earn a section medal (top 9 at section meet)
- Earn all-conference (top 5 at conference meet)

- Be on time
- Work hard
- Sportsmanship
- Consistency



EXPECTATIONS  
FOR ATHLETES

## REGISTRATION

- Online through athletics website
  - <https://www.springlakeparkschools.org/activities-athletics/register/how-to-register>
- Must be registered before first practice
- Must have a physical on file (obtain copy from doctor and give to school)



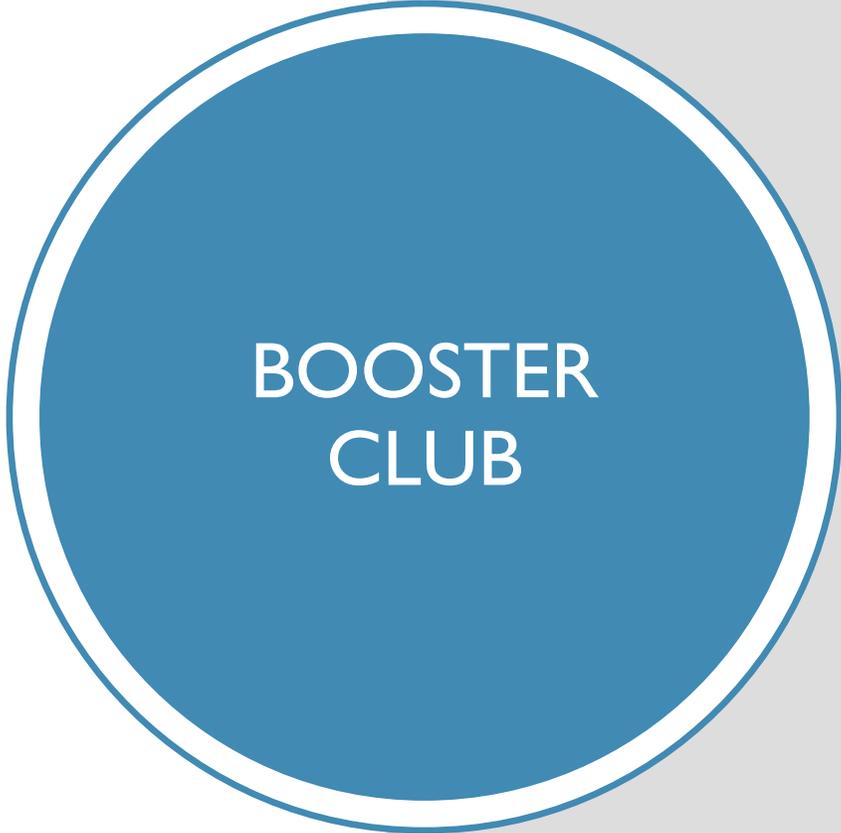
## MORE INFORMATION

- **springlakeparkschools.org > “student life” > “athletics and activities”**

### Social Media:

- Instagram @slptrackandfield
- Remind app
  - **Text @slptf to 81010 or download Remind and join class @slptf**
  - You can message us directly, we will post specific updates for quick information
  - Update settings to receive texts or just app notifications
- Email updates sent
  - Based on emails in registration information

- Looking for more booster club members!
- Help organize fundraisers
  - Road race (June) - 3k
  - Carbo load
  - Team potluck
- Be at events to represent the team
  - 8<sup>th</sup> grade registration night
  - Back to school club fair
  - Homecoming tailgate
- Email: [panthertrackboosters@gmail.com](mailto:panthertrackboosters@gmail.com) with interest



BOOSTER  
CLUB

- Thank you for being here tonight!
- We are looking forward to making it a memorable season!



- Questions?

