



LADY MUSTANGS TRACK AND FIELD SIGN UP

2024 SEASON

- Practice starts Tuesday, February 20th
- Practice time is at 6:45am. Doors open at 6:40am
- Drop off in the bus loop, put stuff in the locker room and meet in the girls gym
- MUST have a physical on file. To turn in physicals, email them to jtubbs@fisd12.net
 - You will NOT be allowed to run without it.
- What to wear:
 - T-shirt (Dri-fit preferred)
 - Comfortable shorts (NO SPANDEX)
 - Running shoes (bring extra shoes for the school day because of the dew, you might get your shoes wet)
 - Hair needs to be pulled back into a ponytail
 - No jewelry
 - Sweats if cold outside
 - Spikes if you have your own (not required- we will hand out if needed for your event)
- Track Coaches: Coach Devers, Coach Welch, Coach Williams, Coach Baxter, and Coach Yawn.
- Please use your school google account to sign up below!

7TH GRADE:



8TH GRADE:

