



## **RMS TRACK & FIELD STARTS APRIL 17TH**

**WHO:** Open to all 7th and 8th graders.

**WHAT:** You will train in short or long distance events and also shot put, discus, high jump, long jump, or hurdles. We will compete against other schools from the district!

**WHERE:** We will meet in the MPR and do our training at the RHS track, school grounds and some community runs.

**WHEN:** We will practice from 3:20-4:45 M-F. We will have approximately one meet per week (meet schedule on back). The season runs from April 17 to May 29.

**WHY:** It's a great sport! It also provides a way to stay fit, be competitive, train for other sports, socialize with friends in a positive environment and push yourself to be your best.

**HOW:** Your guardian can sign you up on [MYPAYMENTSPLUS.COM](http://MYPAYMENTSPLUS.COM). You can get picked up or ride the activity bus home after practice and we bus you to and from each meet.

Please contact Mr. Ilse if you have any questions.

[NATE.ILSE@DISTRICT196.ORG](mailto:NATE.ILSE@DISTRICT196.ORG)

## RMS MEET SCHEDULE:

DATE	LOCATION	HOST	PARTICIPANTS	TIMING SERVICE
<b>WED APR 24 3:45*</b>	<b>AVHS</b>	<b>FRMS</b>	<b>RMS, VMSS, FRMS</b>	<b>WAYZATA RESULTS</b>
<b>WED MAY 1 3:45</b>	<b>EHS</b>	<b>BHMS</b>	<b>DHMS, BHMS, RMS</b>	<b>WAYZATA RESULTS</b>
<b>WED MAY 15 3:45</b>	<b>EHS</b>	<b>DHMS</b>	<b>FRMS, DHMS, RMS</b>	<b>WAYZATA RESULTS</b>
<b>WED MAY 22 3:45</b>	<b>RHS</b>	<b>RMS</b>	<b>RMS, DHMS, VMSS</b>	<b>WAYZATA RESULTS</b>
<b>WED MAY 29 3:45</b>	<b>EVHS</b>	<b>FRMS/SHMS</b>	<b>DISTRICT GIRLS/BOYS</b>	<b>WAYZATA RESULTS</b>

### Irish Apparel:

Athletes will have the option of ordering Rosemount Track & Field Apparel this year. The orders come within about a week and will be shipped at no extra cost to athletes homes this year.

These orders are not uniforms. Uniforms are provided for the season by the school.

<https://gorosemount.com/collections/rms-track-and-field>