

Mountain Ridge Middle School Track & Field

Open to all 5th thru 8th graders at

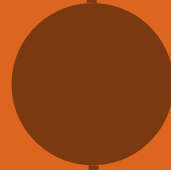
- Sierra Verde
- Terramar
- West Wing



TRAIN AND COMPETE IN THESE EVENTS



RUNNING EVENTS,
HURDLES AND RELAYS



DISCUS AND SHOT PUT



HIGH JUMP & LONG JUMP



STUDENTS MUST COMPLETE AND SUBMIT ALL PAPERWORK AT [HTTP://REGISTERMYATHLETE.COM](http://registermyathlete.com)

Season Starts Monday, February 26



PRACTICES ARE
MONDAY - THURSDAY
FROM 4:30PM - 6:00 PM AT
MOUNTAIN RIDGE HS



COMPETE AGAINST OTHER
DVUSD SCHOOLS



COACHES WITH MANY YEARS
OF EXPERIENCE

Questions should be directed to
eric.axelrod@dvusd.org

BE A PART OF SOMETHING