



ISLANDER MIDDLE SCHOOL 2025 TRACK & FIELD

TOP 10 THINGS YOU NEED TO KNOW!

10. You are EXPECTED to compete in the Track Meets, home and away.
If you are looking for a conditioning club...you've come to the wrong place.
9. You will need a minimum of EIGHT PRACTICES to be eligible to compete in a Track Meet. There will be 12 possible practices before the first meet.
The first practice of the Track & Field Season is on Monday, March 31!
8. We will start practice promptly 10 minutes after school is out.
Be on the track, in workout gear, running shoes laced, water bottle filled.
7. Practice runs from 3:00—4:15 pm on Mondays, Tuesdays, Thursdays and Fridays.
Practice runs from 1:30—2:45 pm on Wednesdays.
6. Activity bus departs from bus loop 15 minutes after practice, every day EXCEPT Fridays.
5. You will be able to train to compete in the following running events:
75m Hurdles, 100m, 200m, 400m, 800m, 1600m, 4x100m, 4x200m & Medley Relay
4. You will be able to train to compete in the following field events:
Discus, Shot Put, High Jump & Long Jump
3. We are limited to FOUR competitors per grade/gender group in 75m Hurdles, 100m, 200m & 400m at each Meet; and EIGHT competitors per group in 800m & 1600m.
Plan on taking part in relays and field events regularly to help your team!
2. Your coaches this season are:
 - Coach Stephen Rennie (distance + hurdles)
 - Coach Gene Nomicos (sprints + relays)
 - Coach Ryan Hoisington (discus + shotput)
 - Coach Russ Skurski (long jump + high jump)
 - Coach Madeleine Tessier (jumps + relays)
1. Track & Field is about competing against yourself...working hard as a team...
trying new things...and having fun along the way...
If you are ready to do those four things, we are going to have a great season!

QUESTIONS? EMAIL COACH RENNIE! → stephen.rennie@mercerislandschools.org