

LADY MUSTANGS TRACK AND FIELD SIGN UP



Start Date:

Tuesday, January 21st

Practice Time:

6:45 AM (Doors open at 6:40 AM)

Drop-Off Location:

Bus loop. After drop-off, place belongings in the locker room and meet in the girls' gym.

Important Requirements:

- Must have a physical on file and complete RANK ONE paperwork.
- Upload Physicals: Submit physical forms on RANK ONE.
- No Exceptions: You will NOT be allowed to run without completing these requirements.

What to Wear:

- Shirt: T-shirt (Dri-Fit preferred)
- Shorts: Comfortable athletic shorts
- Shoes: Running shoes (bring an extra pair for the school day in case of wet conditions from morning dew)
- Hair: Pulled back into a ponytail
- Accessories: No jewelry allowed
- Cold Weather Gear: Sweats if it's cold outside
- Optional Equipment: Spikes if you have them (not required—spikes will be provided if needed for your event)

Track Coaches:

Coach Devers, Coach Baxter, Coach Pulido, and Coach Dollagaray

7th Grade Girls Track Sign Up

[7th Sign Up Link](#)



8th Grade Girls Track Sign Up

[8th Sign Up Link](#)



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