

 **Spring 2025 LMES Track & Field Season is Here!** 

Get ready to sprint, jump, and throw your way into an exciting season of **Track & Field** at Lone Mountain Elementary School!

This season, **boys and girls** will have the opportunity to learn, practice, and compete in a variety of thrilling events, including:

- ✓ **50 M Sprints**
- ✓ **100 M Sprints**
- ✓ **400 M Sprints**
- ✓ **4x100 M Relay**
- ✓ **100 M Hurdles**
- ✓ **Discus**
- ✓ **Shot Put**
- ✓ **Running Long Jump**
- ✓ **Javelin Throw**

 **Practice Schedule**

When: Mondays and Fridays, 8:00 a.m. – 8:40 a.m.

Dates: March 3, 7, 17, 21, 24, 28, 31, and April 4, 7, 11, 14, 21.

Cost: \$80 (includes t-shirt)

 **Culminating Event: CCUSD Elementary School Track & Field Day**

When: April 29th, 10:15 a.m. – 1:15 p.m.

Where: Cactus Shadows High School Football/Track & Field Complex

Compete against students from across the district in this unforgettable day of athletic achievement and school spirit!

Don't miss your chance to run, jump, and throw your way to glory! Sign up now and be part of this incredible spring season. Let's make it the best one yet!

For questions or more information, contact **Coach Carrick**. Sign-up on the **Remind App** to stay in the loop on all things Track & Field. **Class Code: @eagles25tf**

Go LMES Eagles! 

Use this QR Code to register: <https://tce.me/iYJalp>



