

2025 Lamoille Union Track and Field Schedule/Team Rules

Head Coach: Jeffrey Beal, jbeal@lnsd.org
 Sprint Coach: Emily Willems, ewillems@lnsd.org
 Throwing Coach: Adam Damon, adamon@gmtcc.net

Date	Location	Dismissal/Departure (subject to change)
Monday 4/7	Mount Mansfield	1:00/1:15
Saturday 4/12 (<i>Relays</i>)	South Burlington	TBD
Tuesday 4/15	BFA St. Albans	1:00/1:15
Wednesday 4/23 (<i>Vacation</i>)	<i>Essex Vacational</i> Essex	8:00
Wednesday 4/30	U32	1:00/1:15
Saturday 5/3	<i>Twilight Meet</i> South Burlington	1:00
Wednesday 5/7	Essex	1:00/1:15
Saturday 5/10	<i>Burlington Invitational</i> (<i>Qualification</i>) Burlington	7:00
Wednesday 5/14	Lyndon	1:00/1:15
Thursday 5/15	Essex NVAC 9 th /10 th Grade Championship	1:00/1:15
Tuesday 5/20	South Burlington	1:00/1:15
Saturday 5/31	<i>Essex Invitational</i> (<i>Qualification</i>) Essex	7:00
Monday 6/2	MMU (Last Chance Meet)	1:30/1:45
Friday 6/6	State Meet Burlington High School	12:15/12:30
Monday 6/16 and Tuesday 6/17	Burlington (Decathlon Championship)	No Bus

TEAM RULES:

- Practice is 3:15-5:15 every weekday when a meet is not scheduled.
- 10 practices are required before you can compete (VPA Rule).
- Every practice is mandatory. The only exception applies to club sport athletes. Club sport athletes must communicate their schedule in advance. You must communicate beforehand if you are going to be absent. Unexcused absences will result in missing the next meet.
- All athletes must compete in at least 2 individual events.
- Scratching an event without consulting a coach or medical personal onsite of a meet will result in exclusion from the next meet.