



Lakewood's 2025 Track Schedule

Practice begins April 14, 2025

Date	Day	Location	Opponent	Dismiss	Depart	Start
4/30	Wednesday	AWAY @ South Whidbey	S. Whidbey	12:35 PM	12:45 PM	3:30 PM
5/7	Wednesday	HOME	King's			3:30 PM
5/14	Wednesday	AWAY @ Granite Falls	Granite	1:50 PM	2:00 PM	3:30 PM
5/21	Wednesday	AWAY @ Sultan	S, GF, NCA	1:50 PM	2:00 PM	3:30 PM
6/2	Monday	Prelims @ HOME	ALL			3:30 PM
6/5	Thursday	Finals @ HOME	ALL			3:30 PM

PICTURE DAY IS 5/15 @ LHS STADIUM

Running events begin at 3:30 PM; field events begin at 3:45 PM *

Players must have a current physical and all forms completed by both the athlete and their parent before they can participate in a practice. All fees must be paid prior to the first event.

If an athlete will not be riding the bus back to LMS after a meet, they will need to be signed out with the coach by a parent or legal guardian. If an athlete is riding home with an adult other than their parent or guardian, written permission (paper or email) must be given to the athletic director 24 hours before the meet.

Players must complete 8 practices before they can compete in a track meet

Please pack food & beverage for your athlete for away meets. Track meets often end around 6:30 pm and then there may be an hour and a half bus ride home

Please be aware of possible revisions to this schedule after the season begins.

WINNING IS FOR A DAY.
INTEGRITY, CHARACTER, AND GOOD
SPORTSMANSHIP ARE FOR A LIFETIME.



