



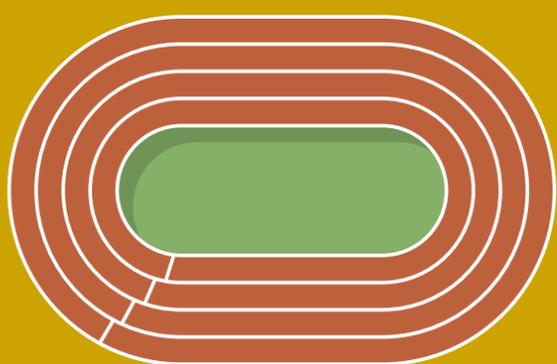
CCHS

TRACK & FIELD



Who is Able to Join?

Anyone is able to join! Just make sure you have your physical and family ID completed before practicing.



Where is Practice?

Practice is 99% of the time at the track within the stadium. Sometimes it will be announced when days will be spent in the weight room.

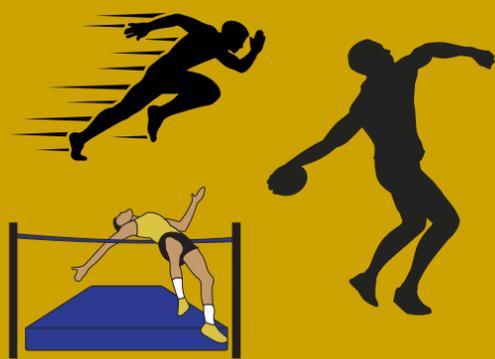
When is Practice?

Practice lasts for an hour from 4:00-5:00, with an optional extra hour for extra work until 6:00.



What Events are Available?

Current available events are sprints, mid/long distance, long/triple/high jump, and shotput/discus.



Is There Anyone who can Treat Injuries?

You can speak to Ken, the school's athletic trainer, if you have any injuries or need rehab.

