

BEAR TRAX TRACK AND FIELD

Parents and Athletes

Our Winter Track and Field season starts Monday, November 3, 2025. This training session includes the Winter Season meets held in December, January and February with meet dates listed below:

Saturday, December 13, 2025

Saturday, January 10, 2026

Saturday, January 24, 2026

Saturday, January 31, 2026

VS Athletic Winter Championship at Arcadia High School

Saturday, February 7, 2026

Practices will be Monday, Tuesday, and Thursdays at 4:00pm and Wednesdays at 2:45 pm. The cost for this season is \$150.00 per athlete.

The following events will be offered for training and included in meets:

- 60 Meters
- 60 Meter Hurdles
- 150 Meters
- 300 Meters
- 600 Meters
- 1500 Meters
- 3000 Meters
- 4X200 Relay
- Sprint Medley Relay (100-100-200-400)
- 4X800 Relay
- Long Jump
- Triple Jump
- High Jump
- Shot

This Winter session is our team's opportunity to get ready for the Spring Track and Field season. Athlete's participation in this off-season training do not require competition in the Winter meets but it does provide an opportunity to prepare for the important Spring season. As normal, we will have a team meeting on Monday, November 3rd at 4pm. We will provide all the details for Winter Track and Field for both parents and athletes. We look forward to seeing you there.

GO BEARS!!!

Coach Keetch

Robert Keetch, Head Coach
Temecula Valley High School
Track & Field