



RUNNING RANGERS



Lakewood Board of Education
Mrs. Betsy Bergen Shaughnessy, President
Mrs. Lisa Dopman, Vice President
Mrs. Colleen Clark-Sutton
Ms. Nora Hatzenberger
Michael J. Callahan

TRACK AND FIELD

BEGINS APRIL 7, 2026, AT LHS
TRACK (ENDS MAY 16TH)

Practices

**TUESDAYS
AND
THURSDAYS**

6:30-7:30 PM

MEETS

SATURDAYS

8:30-9:30 AM

Events: Sprinting,
Distance, Jumps and
Throws

Grades 3-6

Athletes need to come to practices/meets with a labeled water bottle, good running shoes, and dressed for the weather!!!

REGISTRATION

- RESIDENT \$70
- NON RESIDENT \$80
- REG. ENDS 4/1/26

[HTTPS://RECREATION.LAKEWOODCITY
SCHOOLS.ORG/YOUTH-ATHLETICS](https://recreation.lakewoodcityschools.org/youth-athletics)



FOR MORE INFORMATION:

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