



# Lakewood Middle School

## 2026 Co-Ed Track Schedule

DATE	DAY	LOCATION	DISMISS	DEPART	START
April 29	Wednesday	AWAY @ South Whidbey	12:35 PM	12:45 PM	3:30 PM
May 6	Wednesday	HOME vs. King's			3:30 PM
May 13	Wednesday	AWAY @ Granite Falls	1:50 PM	2:00 PM	3:30 PM
May 20	Wednesday	AWAY @ Sultan	1:35 PM	1:45 PM	3:30 PM
June 1	Monday	HOME—Prelims			3:30 PM
June 4	Thursday	HOME—Finals			3:30 PM

### Cougar Athletics Information

### Track Meet Details

#### Important Dates:

- **Practice Location:** Lakewood High School
- **Practices Begin:** April 13 | Mon–Thurs |  
Practice Times: 2:15 - 4:00
- **Registration Closes:** April 24
- **Picture Day:** TBD

Please remember to pack food and beverages for your athlete for away meets. Track meets often conclude around 6:30 PM, and this is frequently followed by a bus ride of up to an hour and a half.

**Running Events:** Begin at 3:30 PM

**Field Events:** Begin at 3:45 PM

### Cougar Sports Information

After an **away meet**, if an athlete will **not be riding the bus back to LMS**, a **parent or legal guardian** must **sign their student out** with the coach. Athletes may only ride home with their **own parent or legal guardian**.

If a player needs to ride home with **someone else**, this must be **cleared in writing** with both the **athletic director and the coach at least 24 hours in advance**.

#### Eligibility Reminders:

- Athletes must complete **7 practices** before participating in their first meet.
- **ASB and sports fees** must be paid **before the first meet** in order to compete.

*Schedules are subject to change*