General Information for Outdoor Track and Field – 2026

1. Practice will begin on Monday, March 9th at 3:00pm.
2. Practice will be every weekday from 3:00pm until 5:00pm
3. You must register on FamilyID – link on Athletics webpage – Register by March 5th!
4. Meeting location for each practice:
    a. Boys – room 122 – Coach Dombrowski's room
    b. Girls – room 161 – Mrs. Payne's room
5. Schedules of meets and warm-up order info will be distributed at practice.
6. JV and Varsity will mostly compete at the same meets/days
7. We will run outside as much as weather allows – be prepared for both in and out
8. Coaches –
    a. Girls – Coach Payne and Coach Moessinger
    b. Boys – Coach Dombrowski and Coach Barker
    c. Throws – Coach Weiss
    d. Additional Coaches – Coach Wallace and Coach Wood
9. See everyone on Monday, March 9th. Let's have an awesome season!