

Mound Valley Track Schedule 2026

Starting Today: Get outside and stretch, walk, jog, run to build up some stamina!

"Today I will do what others won't, so tomorrow I can do what others can't."

March 23rd- Practice 3:10-4:30

March 24th- Practice 3:10-4:30

March 25th- Practice 3:10-4:30

March 26th- Practice 3:10-4:30

March 30th- Practice 3:10-4:30

March 31st- Practice 3:10-4:30

April 1st- Practice 3:10-4:30

April 2nd- Practice 3:10-4:30- Team and Individual Pictures- Bring Uniforms

April 6th- Practice 3:10-4:30

April 7th- Practice 3:10-4:30

April 8th- Practice 3:10-4:30

April 9th- Riverton Track- 1:00 Start 7th and 8th Division, Bus leaves @ 11:00

April 13th- Practice- 3:10-4:30

April 14th- No Practice- Spring Program

April 15th- Practice 3:10-4:30

April 16th- USD 506 Invitational @ LCHS- 2:00 Start Combined, Bus leaves @ 11:30

April 20th- Columbus Track- 1:00 Start 7th and 8th Division, Bus leaves @ 11:00

April 21st- Practice 3:10-4:30

April 22nd- Practice 3:10-4:30

April 23rd- Independence Track- 3:30 Start 7th and 8th Division, Bus leaves @ 1:30

April 27th- Practice 3:10-4:30

April 28th- Practice 3:10-4:30

April 29th- League Track Meet @ LCHS- 1:00 Start Combined, Bus leaves @ 11:30

April 30th 1st- Oswego Track Meet @ Oswego- 3:00 Start Combined, Bus leaves @ 1:30

May 4th- Mineral Belt Meet @ LCHS - 3:00 Start Combined, Bus leaves @ 1:30

**** We will send home event schedules and participant lists prior to each meet!**
Please sign up for Remind for announcements and schedule changes. There may be a few Friday practices needed for field events added to the schedule as needed.

Track Parents,

Track season will begin on March 23rd. I have attached a practice/meet schedule. Please note that dates and times are subject to change as spring weather often interferes with our schedule. We will keep you updated on any changes using Remind. Please follow the instructions attached so you get messages.

For some meets, we will compete as separate 7th and 8th grade divisions where 7th graders could possibly go up to the 8th grade division for relay purposes. I am able to enter one relay entry and three individual entries for each event. We do our best to make sure athletes have at least one event, with a maximum allowed of four events. I have to enter athletes in events several days in advance of the meet and no substitutions are allowed the day of the meet. Please let me know as soon as possible if your child will not be able to attend any meets on our schedule.

The kitchen staff will pack us healthy snacks for each meet and we will have water and gatorade for every meet. Bring your own water bottle to each track meet! Feel free to bring your own healthy snacks as well, but no participants are allowed to bring pop and should refrain from unhealthy snacks prior to events.

We will have a bus return to school for all track meets except for our home meets at LCHS. Please sign your child out if you take them home. If you make arrangements for another parent to pick up your child, please send a note. We will send a message on Remind on our way home for a time to pick up your child at the school.

We will have new track uniforms this year! They will be checked out to your child and they are responsible for them for the season. In addition to their uniform they will also get a track hoodie and pants. Please help us keep our investment nice and wash uniforms separately and hand to dry. If you need uniforms washed at school, please contact me to make arrangements.

Students are responsible for having appropriate running shoes. They should have a supportive, lightweight running shoe. I do not recommend using your basketball shoes. A pair of spikes can be used for track meets if you choose, but necessary. These would be recommended for our sprinters and jumpers only, but not great for distance runners.

If you have any questions, please contact me. We are looking forward to a great season!

Remind Code:

Phone #: 81010

Message: @8h3h94

Blake Lacey, Tiffany Revell