

PATCHOGUE-MEDFORD GIRLS WINTER TRACK



JOIN WINTER TRACK!



COMPETE IN LOCAL & COUNTY MEETS



IMPROVE SPEED, STRENGTH & ENDURANCE

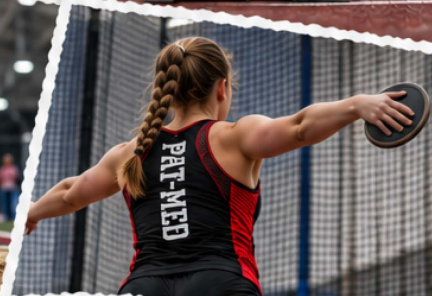


BE PART OF A COMPETITIVE TEAM



CHALLENGE YOURSELF THIS WINTER

**RUN
JUMP
DISCUS
COMPETE
IMPROVE**



SPRINTS

55m • 300m • 600m
and more



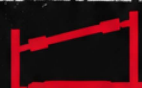
HURDLES

55m Hurdles
300m Hurdles



DISTANCE

600m • 1000m
1500m • 3000m
and more



JUMPS

Long Jump
High Jump
Triple Jump



DISCUS

Discus Throw



SEASON DETAILS

Season: Starts November 16.

Practices: After school

Meets: Local and county meets

Location: Pat-Med High School
and local indoor tracks



**STAY IN THE GAME
ALL WINTER!**

Contact Ms. Triptree for additional information