

## **Middle School Activities**

### **7<sup>th</sup> and 8<sup>th</sup> Girls' and Boys' Track and Field**

Track season begins toward the end of March and concludes around the middle of May. Practice is held Monday through Friday 3:30-5:10. Track and field has ten coaches that work with the different track events.

Track Events: Sprints and relays, distance running, hurdles, long jump, triple jump, high jump, pole vault, shot put and discus.

Generally, we have 10 track meets with 3 meets being indoors at the Barnett Center. The outdoors meets take us to Swisher Field in Aberdeen; Jamestown, ND; Valley City, ND; Pierre; Mobridge and Watertown.

The school district supplies track sweats and running uniforms for the athlete's use during the season.

Come join a great sport that will be fun. You will get lots of exercise and meets lots of new people.

