

HW Mountz 2019 Spring Track Booster Club Sport

We are excited to kick off Spring Track for 5th - 8th grade boys and girls.

Coaches: Kerry Patterson kerryjeanne13@gmail.com (917)
576-2191 Cheryl Lynch cherylslynch@gmail.com (908)
447-3829

Practices: START DATE MONDAY March 25th

- Practices will be held 1-2 days a week (Mondays & Fridays)
- Location - Marucci Park (meet by the picnic tables)
- Time - 3:15 - 4:15 pm
- Please wear light-weight running clothes, shoes and bring a water bottle
- An announcement at school will be made at school if practiced is cancelled and an email will be sent by 2pm to parents. (We do run in the rain!)

Meet Location: Antrim School Outdoor Track located at **401 Niblick Street Point Pleasant Beach**

Meet Schedule: (Meet starts promptly at 4:00 pm - arrive by 3:30 pm)

- Tuesday, April 9th
- Tuesday, April 16th
- Wednesday, May 1st
- Tuesday, May 7th
- Thursday, May 9th
- Wednesday, May 15th

Meet

Information:

- Meet Events & Order:
 - 1600 m

- 200 m
- 800 m
- 100 m
- 400 m
- 4x1 Relay
- Field Events: Long Jump
- Meet Uniform - running t-shirt to be provided by Booster Club. Please wear black shorts of your choice, comfortable socks and running shoes.