

Track and Field  
Overview – 3/6/2018

The purpose of this email is to give you a general overview of the Lighthouse track and field program. A detailed registration form will be sent next week.

**Who** – 7<sup>th</sup> & 8<sup>th</sup> grade boys and girls

**What** – Each athlete is encouraged to participate in four events. The events are:

Running Events:

- 75 meter hurdles
- 100, 200, 400, 800 or 1600-meter run.
- 4x100 or 4x200 meter relay

Field Events

- Running long jump
- High jump
- Shot put
- Discuss

**Where** – Practices are at Gig Harbor High School from 3:20 – 4:30 p.m. Most meets are at Chief Leschi in Puyallup. Meets are generally once a week and run from 3:15-6:00.

**When** – First practice is April 2<sup>nd</sup>, with the final meet on the third week of May. Meet dates are not finalized.

**Why** – Track and field is a unique balance of individual goal setting and teamwork. It's physically challenging and social rewarding. It's hard work, but not stressful.

Joe Dille, coach  
LCS Athletic Director