



Starting  
March 14<sup>th</sup>

**GMS  
Track**

**Practice:  
Monday-  
Friday**

**3-4:45pm**

**Please bring to practice:**

- Appropriate athletic shoes/clothes
- Water

**Events:**

- 100m, 200m, 400m, 800m, 1500m
- shot put, discus, javelin, long jump
- 100m hurdles
- Relay teams

Athletic packets and sign-up sheets are located outside of the GMS office.  
ATHLETIC PACKETS NEED TO BE COMPLETED AND TURNED INTO THE OFFICE  
BEFORE THE 1<sup>ST</sup> PRACTICE.