

# AMS TRACK 2017

**March 4** : AMS TRACK KICK OFF- HARES AND HOUNDS FUN RUN

**March 7** : Track begins - first practice

## Track Meet Schedule

April 21	4:00 P.M.	Dual meet against Templeton @ AHS
April 29	9:00 a.m.	Paso Robles Invitational @ Paso High School
April 29	10:00 a.m.	AMS Blast of Color Run
May 6	9:00 a.m.:	SLO All-County @ San Luis High School
May 13	9:00 a.m.:	AMS Youth Track Meet @ AHS

**Practice time:** Monday - Thursday 3:10 p.m. - 4:30 p.m. Some days practice may end a little late depending on the workout.

## NO PRACTICE IF IT IS RAINING

Parent volunteers for our dual meet and May 13 are extremely important. If you are interested please email or talk with one of the coaches.

\*Athletes must have a sports physical by March 7 to participate.

\*Athletes must maintain a 2.0 GPA

\*Athletes must attend all practices and track meets.

## EVENTS OFFERED

High Jump, Long Jump, Shot Put

Hurdles, 100m, 200m, 400m, 800M, Mile, 4 X 100m, 4 X 400