

# AMS TRACK 2018

**March 6:** Track begins - first practice

**Track Meet Schedule: Some dates subject to change.**

April 18	4:00 P.M.	Orange/Blue inner squad @ AHS
April 28	9:00 A.M.	Paso Robles Invitational @ Paso High School
May 5	9:00 A.M.	SLO All-County @ San Luis High School
May 12	9:00 A.M.	AMS Youth Track Meet @ AHS
May 19	9:00 A.M.	Laguna County Championship

**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 needed for APRIL 18 AND MAY 12. If you are interested please email or talk with one of the coaches.**

**\*Athletes must have a sports physical by March 6 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 100, 4 X 400