

# 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