

LADY MUSTANGS TRACK AND FIELD SIGN UP



- Practice starts Tuesday, February 8th
- Practice time is 7am. Doors open at 6:40 am.
- Drop off in the bus loop, put stuff in the locker room and meet in the girls gym.
- **MUST** have a physical on file. To turn in physicals, email them to blapier@fisdk12.net. You will NOT be allowed to run without it.
- **What to wear:**
 - T- Shirt (Dri Fit Preferred)
 - Comfortable shorts (No Spandex)
 - Running shoes (bring extra shoes for the school day because of the dew, you might get your shoes wet)
 - Hair needs to be pulled back into a ponytail
 - No jewelry
 - Sweats if cold outside
 - Spikes if you have your own (not required- we will hand out if needed for your event)

Track Coaches: Coach Devers, Coach Friske, Coach Hyden, and Coach Strain

Please use your school google account to sign up.

7th Grade



8th Grade



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7th Grade

<https://forms.gle/JYy1XrwpGNu61ReW6>

8th Grade

<https://forms.gle/cd3CzjwnqWGjVbuv8>