

Boys Track & Field

	Varsity	JV
	Spring Season- Start 1 st week in March	Spring Season- Start 1 st week in March
	12 Weeks Regionals & Sectionals: End of May State: End of May/1 st week in June	10 Weeks Last meet: 2 nd /3 rd week of May
	Regular Season 2-3 days where we will need to leave during 5th Hr. WIAA Tournament Series - Usually need to leave during 5th hr for Reg or Sect. - State qualifiers leave Thur. @ noon - Sat. evening	2-3 days where we will need to leave during 5th Hr.
	0 (as of Spring 2019)	0
	5 days per week- required Practice: 3:00pm-5:00pm (some groups finish earlier)	5 days per week- required Practice: 3:00pm-5:00pm (some groups finish earlier)
	Saturdays- Event specific practices 9-11 am (some groups finish earlier). We do have Invites on Saturdays (see schedule; time varies depending on meet & location)	Saturdays- Event specific practices 9-11 am (some groups finish earlier)
	All scheduled competitions are required 2-3 indoor meets in March; 6-8 outdoor meets April-May	All scheduled competitions are required 2-3 indoor meets in March; 6-8 outdoor meets April-May
	2-3 hrs for weeknight meets (travel time varies) 4-5 hrs for Invites and NSC Meets (travel time varies)	2-3 hrs for weeknight meets (travel time varies) 4-5 hrs for Invites and NSC Meets (travel time varies)
	Required: Registration Fee - \$135.00 Optional: -Team apparel orders	Required: Registration Fee - \$135.00 Optional: -Team apparel orders
	TBD (would be used for jersey, implement purchases if needed)	TBD (would be used for jersey, implement purchases if needed)
	Be active. If you are in a sport that, is the focus. If not in season, participate in an off-season workout plan (ie. Gold Medal, HHS running plans) as it works with your schedule.	Be active. If you are in a sport that, is the focus. If not in season, participate in an off-season workout plan (ie. Gold Medal, HHS running plans) as it works with your schedule.
	Spring break practices for those who are home are scheduled based on availability; usually 2-3 practices throughout the week for 2 hours. When we host a meet, it is expected for non-competitors to help work the meet.	Spring break practices for those who are home are scheduled based on availability; usually 2-3 practices throughout the week for 2 hours. When we host a meet, it is expected for non-competitors to help work the meet.

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