



Middle School Track and Field

We are pleased to announce that St. Michael's Middle School spring track and field will begin officially on Monday, February 23rd and will continue through Friday, May 8 at the Trinity Episcopal School track. Here is how the spring practice schedule will go:

- **Mondays: 3:30 – 5:00 p.m.**
- **Tuesdays: 3:15 – 5:00 p.m.**
- **Wednesdays: no practice but there will be meets on this day**
- **Thursdays: 3:15 – 5:00 p.m. (Jumpers only)**
- **Fridays: 3:15 – 5:00 p.m.**

Athletes can be driven over and dropped off at the Trinity track from Pittaway Rd. or they can use the connector trail as long as they go as one group. Middle school track and field athletes will be practicing with the Trinity track and field team and coached by the high school coaches, so we will need to abide by this participation policy:

- Distance athletes will be with the Trinity distance squad
- Middle-distance athletes will alternate practices with the distance squad and sprints squad
- Sprinters and jumpers will practice with the Trinity sprints/jump squad
- Events available at meets: 1-mile run; 800 meter run; 400 meter dash; 200 meter dash; 100 meter dash; 4x100 meter relay; 4x800 meter relay; long jump; triple jump; high jump; shot put (tentative)
- There are typically 3 meets for the spring track season. Announcements will be made when these meets are confirmed
- First meet is tentatively on Wednesday, March 25, at Collegiate
- Athletes should plan to attend **all** practices
- If an absence is necessary, please alert Coach Fleenor prior to practice.
- Injured athletes are excused from practices AFTER parents have consulted with Coach Neal Fleenor regarding the injury (this will not affect the number of excused absences)
- Neal Fleenor will be the coach to contact for any questions. You can contact him by email at: stmichaelsrunning@verizon.net; or by phone: (804) 405-3767.