

Outdoor Track Information

- 1st day of practice is Monday March 6th
- 1st meet is Saturday March 25th
(this is the beginning of Spring Break – plan accordingly!)
- You must have an up-to-date physical prior to the first day of practice or you cannot practice!!
- You also need an EMF, OHSAA rules meeting paperwork, and concussion form on file before 3/6
- Eligibility will be determined by the 3rd 9 weeks final grades (ending 3/10)
- Outdoor Track has a \$50 Pay-to-Participate fee
This is due prior to the 1st meet (3/25)
- Proper Dress – we practice outside unless there is inclement weather. Bring warm clothes every day and be prepared (i.e. remember water, hat/gloves, sunscreen, etc.)
- Expectation Overview – COMMUNICATE! Be on time, be prepared, be focused/dedicated
- Stay up to date through the website – vikingstrack.com, social media, and Remind

March 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 1 st day of Practice 4 – 5:30	7 Practice 4 – 5:30 Cloth meet at 3:30	8 Practice 4 – 5:30	9 Practice 4 – 5:30	10 Practice 4 – 5:30	11 Check with event coach
12 Daylight Saving Begins	13 Practice 4 – 5:30	14 Practice 4 – 5:30	15 Practice 4 – 5:30	16 Practice 4 – 5:30	17 Practice 4 – 5:30	18 Check with event coach
19	20 Practice 4 – 5:30	21 Practice 4 – 5:30	22 Practice 4 – 5:30	23 Practice 4 – 5:30	24 Practice 4 – 5:30	25 Fairweather Relays bus 8:15am
26	27 Practice 4 – 5:30	28 Watkins Dual bus at 3:15pm	29 Practice 4 – 5:30	30 Practice 4 – 5:30	31 Practice 4 – 5:30	1 Newark Invite bus at 6:30am

**** Field events will have practice or lifting at 3pm on certain days!**



Vikings Track & Field 2017 Meet Schedule



Day	Date	Meet	Location	Bus Leaves	Meet Starts
Sat	3/25	Chillicothe Fair-Weather Relays Invite	Chillicothe HS	8:15am	10:00am
Tues	3/28	Watkins Memorial Dual	Watkins Memorial HS	3:15pm	5:00pm
Sat	4/1	Newark Invitational	Newark HS	6:30am	9:00am
Tues	4/4	Worthington Kilbourne Tri	Worthington Kilbourne HS	3:00pm	5:00pm
Sat	4/8	Fairfield Union Invitational	Fairfield Union HS	8:00am	10:00am
Tues	4/11	Grove City Quad	Grove City HS	3:30pm	5:00pm
Sat	4/15	Warren Invitational	Warren HS	6:00am	9:00am
Tues	4/18	Cole-McCafferty Invitational	Amanda HS	3:00pm	4:30pm
Wed	4/19	County Meet	Logan Elm HS	3:00pm	4:30pm
Fri	4/21	Logan Elm Invitational	Logan Elm HS	3:00pm	4:30pm
Tues	4/25	Gene Cole (9 th &10 th)	Lancaster HS	3:00pm	4:30pm
Sat	4/29	Franklin Heights Invitational	Franklin Heights HS	7:15am	9:00am
Tues	5/2	TV/Canal/Pick North Boys	Pickerington North HS	3:15pm	5:00pm
Sat	5/6	Kiwanis Invitational	Teays Valley HS	n/a	9:00am
Tues	5/9	MSL Preliminaries	Fairfield Union HS	2:45pm	4:30pm
Thurs	5/11	JV MSL Championships	Bloom Carroll HS	3:00pm	4:30pm
Fri	5/12	MSL Finals	Fairfield Union HS	4:15pm	6:00pm
Tues, Wed. Thurs	5/16, 5/17, 5/18 (2 out of 3 days)	District Preliminaries	Hilliard Darby HS	TBD	TBD
Sat.	5/20	District Finals	Hilliard Darby HS	TBD	TBD

Qualifying Tournaments

(Must place in top 4 at Districts to advance)

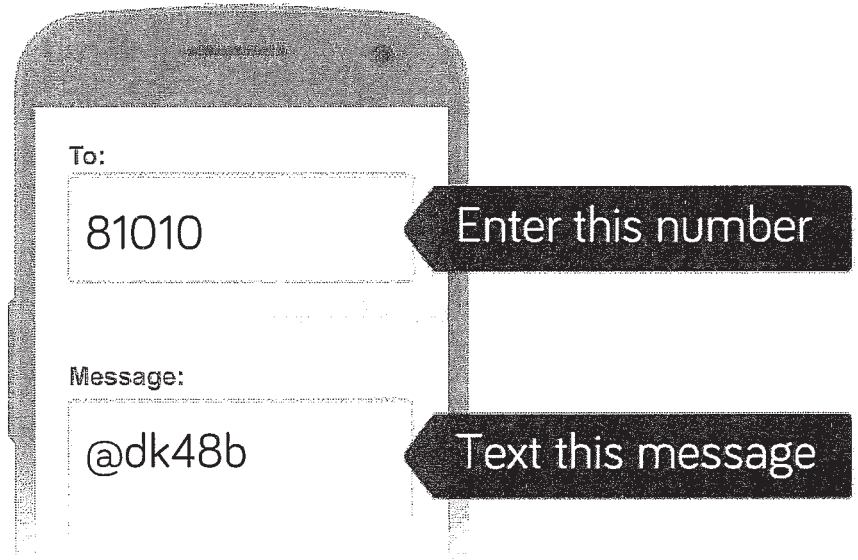
Regional Tournament May 24th and 26th

State Tournament June 2nd - 3rd

K. Tennant would like you to join Track & remind Field!

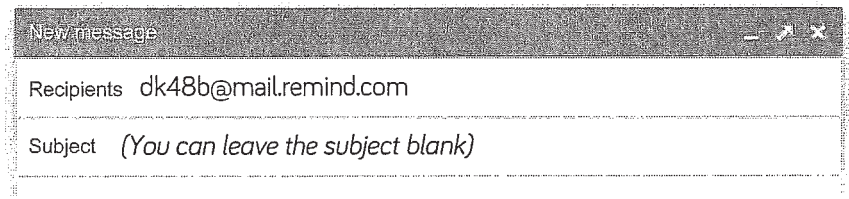
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WHAT IS REMIND AND WHY IS IT SAFE?

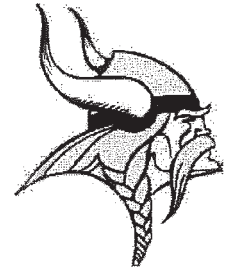
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Teays Valley Track & Field

Absence Excuse Form



*This form is for any Track & Field student-athlete who is seeking permission to miss a practice or competition. **This form must be filled out and given to a coach ONE WEEK in advance for the absence to be excused.** As discussed in the parent meeting; examples of excused absences revolve around family, school, and faith commitments.*

**Remember the practice day before a competition has special rules set in place by TVHS.*

Student-Athlete Name: _____ **Date of occurrence:** _____

Please check the appropriate box:

The student-athlete will:

- Be tardy to practice
- Miss practice
- Have to leave practice early
- Be tardy to a meet
- Miss a meet
- Have to leave a meet early

If arriving late or leaving early please list approximate time: _____

Reason for the absence: _____

Student Signature *Date*

Parent/Guardian Signature *Date*

Coach Signature *Date*