

February 23<sup>rd</sup>, 2021

Dear Parents/Guardians,

Middle School Track practice begins Monday, March 1<sup>st</sup>, at 3:30 p.m. Team members will practice at the High School track, we practice until 5:25 and we ask that the athletes be picked up at the high school track by 5:40 p.m. If there is a change in location or practice cancelation, information will be sent out the day of the change.

*If you played Middle School boys basketball you are not required to attend practice until March 15, the first Monday back after Spring Break.*

If you have questions regarding team participation, rules and regulations, please contact Coach Havenstein **first** at (785)945-3221 ext. 281 or at [sawyer.havenstein@vfalls338.com](mailto:sawyer.havenstein@vfalls338.com) before you reach out to the AD. We will have a short parent meeting Tuesday, March 2<sup>nd</sup> at 5:50 over ZOOM, the link will be sent via email.

Thank you for supporting the Valley Falls Middle School Track + Field Team.

Sawyer Havenstein

A handwritten signature in black ink, appearing to read "Sawyer Havenstein". The signature is fluid and cursive, with a large initial "S" and "H".

Head Middle School Track + Field coach

**Valley Falls USD 338**  
700 Oak Street  
Valley Falls Kansas 66088-1263  
Phone (785) 945-3229 Fax (785) 945-6780

## Meet Schedule

### Track + Field

2021

DAY	DATE	LOCATION	GR. LEVEL	START TIME
Thurs.	04/08/21	Oskaloosa	7th/8th	3:30 PM
Tues.	04/13/21	JCN	7th/8th	2:00 PM
Tues.	04/20/21	Pleasant Ridge	7th/8th	3:45 PM
Fri.	04/30/21	Mclouth	7th/8th	3:30 PM
Mon.	05/03/21	Jackson Heights	7th/8th	2:00 PM
Thu.	05/06/21	J. Heights (NEKL)	7th/8th	9:00 AM

*\*\* Dates and times are subject to change, you will be notified of any changes as they occur\*\**

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### **No Practice Dates:**

Friday March, 5th

Spring Break- *starting Mon. March 8th- Fri. March 12th*

Friday April, 2nd

\*Email will be sent to parents the morning of March 5th and April 2nd as a reminder\*

## **Typical Order of Events**

*Field Events start at the meet start time (4 pm ex.)*

*3200 run typically 1.5 hours after the field events start*

*Running Events typically start 2 hours after the meet start time.*

Field Events--order (this is an example of how they will run)

### **★ Meet Starting at 4:00 p.m.**

Boys Long Jump—North East Pit 7<sup>th</sup> Followed by 8<sup>th</sup>

Girls Long Jump—South East Pit 7<sup>th</sup> Followed by 8<sup>th</sup>

Boys Triple Jump—North West Pit 8<sup>th</sup> Followed by 7<sup>th</sup>

Girls Triple Jump—South West Pit 8<sup>th</sup> Followed by 7<sup>th</sup>

Girls High Jump—West Pit. 8<sup>th</sup> followed by 7<sup>th</sup>

Boys High Jump—East Pit. 8<sup>th</sup> followed by 7<sup>th</sup>

Boys Discus—South Ring. 8<sup>th</sup> followed by 7<sup>th</sup>

Girls Discus—North Ring. 8<sup>th</sup> followed by 7<sup>th</sup>

Boys Shot—North Ring 7<sup>th</sup> followed by 8<sup>th</sup>

Girls Shot—South Ring 7<sup>th</sup> followed by 8<sup>th</sup>

Girls and Boys Pole Vault 8<sup>th</sup> Followed by 7<sup>th</sup> (may run together if few Vaulters)

Order of Running Events: Start time (3200) 5:30pm---- Hurdles 6:15pm

We will Run in this order for all races: 7<sup>th</sup> Girls, 7<sup>th</sup> Boys, 8<sup>th</sup> Girls, 8<sup>th</sup> Boys

3200 Meter Run (5:30 start)

100 Meter Hurdles (6:15 Start)

100 Dash

1600 Run

4x100 Relay

400 Dash

4x200 Relay

800 Run

200 Dash

Medley Relay (100,100,200,400) OR 4x400m Relay