

## Track Information 2023

As basketball season is ending this weekend, we are beginning to shift our focus to track. Beginning next Monday (February 27) we will begin track practices. Track season is short, especially compared to football, volleyball, and basketball. Below you will find the practice schedule, meet schedule, and a few FAQ that revolve around the track (and cross country) season.

With Multicultural Night/Open House happening on Monday night (February 27), we will be holding an informal parent meeting during this time, where you can come to the gym and ask questions about the track season, as well as pickup a copy of the schedule, SportsYou group code, and t-shirt order form information.

- Track is open to all 7th and 8th grade students, not just those who are in Athletics. If a student who is not in Athletics would like to participate, they would come after school, and work on the event they are trying out for. ALL students must have completed the Rank One paperwork, and a completed physical. The link for the Rank One paperwork can be found here:  
**[planoisd.rankonesport.com](http://planoisd.rankonesport.com)**
- After school practices will be Monday through Thursday until 4:30pm. The events that will be **after school** will be:
  - Boys relays
  - Long jump/Triple jump (alternating days)
  - High Jump
  - Hurdles (Boys and Girls)
- Events that will practice **during** the class period will be:
  - Shotput and discus
  - Long distance runs
  - Sprints
  - Girls relays
- Students will ride the bus to the meets, and are able to be signed out by a parent or guardian when their events are finished. Once they are signed out, they are to leave the FMS area and sit with their parents if they decide to stay. As all 13 middle schools are present at track meets, it is very important to communicate with the coaches for safety reasons. Parents must be seen by a coach for sign out, which will be a QR code.
- The track practice and meet schedule is below. Please note, students may not compete in all track meets. Events have a participant number limit, and with those numbers, we try and have a rotation of students participate, but that does not guarantee competing at the meets. Students will be informed at least two days in advance of the meet if they are participating.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY/MARCH				
27 Hurdles Long Jump Boys Relays High Jump	28 Hurdles Triple Jump Boys Relays High Jump	01 Hurdles Long Jump Boys Relays High Jump	02 Hurdles Triple Jump Boys Relays High Jump	03 No Practice
SPRING BREAK - NO PRACTICE March 6-10				
13 No School No Practice	14 Hurdles Triple Jump Boys Relays High Jump	15 Hurdles Long Jump Boys Relays High Jump	16 Hurdles Triple Jump Boys Relays High Jump	17 No Practice
20 Hurdles Long Jump Boys Relays High Jump	21 Hurdles Triple Jump Boys Relays High Jump	22 MEET #1 KIMBROUGH STADIUM	23 Hurdles Triple Jump Boys Relays High Jump	24 No Practice
27 Hurdles Long Jump Boys Relays High Jump	28 Hurdles Triple Jump Boys Relays High Jump	29 MEET #2 KIMBROUGH STADIUM	30 Hurdles Triple Jump Boys Relays High Jump	31 No Practice
APRIL				
03 Hurdles Long Jump Boys Relays High Jump	04 MEET #3 KIMBROUGH STADIUM	05 Final Meet Competitors only practice all events	06 No Practice	07 No Practice
10 No Practice	11 City Prelims	12 Final City Meet	13 Cross Country Practice	14 No Practice

<u>DATE</u>	<u>DAY</u>	<u>OPPONENTS</u>	<u>LOCATION</u>	<u>TIME</u>
Mar. 22nd	Wed.	Plano ISD Middle Schools	Kimbrough Stadium Practice Meet	4:15 p.m.
Mar. 29th	Wed.	Plano ISD Middle Schools	Kimbrough Stadium Practice Meet	4:15 p.m.
April 4th	Tues.	Plano ISD Middle Schools	Kimbrough Stadium Practice Meet	4:15 p.m.
April 11th	Tues.	Plano ISD Middle Schools	Kimbrough Stadium City Meet Pre Lims	4:15 p.m.
April 12th	Wed.	Plano ISD Middle Schools	Kimbrough Stadium City Meet Finals	4:15 p.m.