



# ISLANDER MIDDLE SCHOOL 2023 TRACK & FIELD

## *TOP 10 THINGS YOU NEED TO KNOW!*

10. You are EXPECTED to travel to, and participate in the Track Meets.  
If you are looking for a conditioning club...you've come to the wrong place.
9. You will need a minimum of EIGHT PRACTICES to be eligible to compete in a Track Meet. There will be 13 possible practices before the first meet.  
***The first practice of the Track & Field Season is on Monday, April 3!***
8. We will start practice promptly 10 minutes after school is out.  
Be on the track, in workout gear, running shoes laced, water bottle filled.
7. Practice runs from 3:00—4:15 pm on Mondays, Tuesdays, Thursdays and Fridays.  
Practice runs from 1:30—2:45 pm on Wednesdays.
6. Activity bus departs from bus zone 10 minutes after practice, every day EXCEPT Fridays.
5. You will be able to train to compete in the following running events:  
*75m Hurdles, 100m, 200m, 400m, 800m, 1600m, 4x100m, 4x200m & Medley Relay*
4. You will be able to train to compete in the following field events:  
*Discus, Shot Put, High Jump & Long Jump*
3. We are limited to FOUR competitors per grade/gender group in 75m Hurdles, 100m, 200m & 400m at each Meet; and EIGHT competitors per group in 800m & 1600m.  
*Plan on taking part in relays and field events regularly to help your team!*
2. Your coaches this season are:
  - Coach Stephen Rennie (distance + hurdles)
  - Coach Gene Nomicos (sprints + relays)
  - Coach Ryan Hoisington (discus + shotput)
  - Coach Russ Skurski (long jump + high jump)
1. Track & Field is about competing against yourself...working hard as a team...  
trying new things...and having fun along the way...  
*If you are ready to do those four things, we are going to have a great season!*

QUESTIONS? EMAIL COACH RENNIE! → [stephen.rennie@mercerislandschools.org](mailto:stephen.rennie@mercerislandschools.org)