



TRACK & FIELD: WEEK 13 UPDATES

COACHES UPDATES

Greetings **MI Track & Field!**

District Results

SeaKing 3A Districts meet was the windiest meet EVER! Fortunately, we had sun, not rain, but the wind made for some challenging conditions. Despite the headwind, sidewind and tailwind, our athletes powered through. Many of the athletes will continue to State. To see all District results click [here](#).

Congratulations to the following athletes who placed in the top 6 of their events clinching their tickets to the State meet...

Pole Vault - Aimee Graessler (5th)
300m hurdles Ari Nguyen(2nd)
300m hurdles - Chase Shavey (4th)
Long jump- Azad Khan (4th)
Triple jump - Azad Khan (2nd)
High jump - Garret Rogan (2nd)
800m - Brooks Enge (8th)
1600m - Owen Powell (5th)
3200m - Ryan Koopman (11th)
Boys 4x400 Relay: Azad Khan, Brooks Enge, Chase Shavey and Quin Shavey (3rd)
Girls 4x400 Relay: Ari Nguyen, Mackenzie Monen, Maddy Sung and Sophia Loop (4th)
Asha Woerner and Sam will continue as alternatives on the 4x400 relay teams.

Additional Districts finishers...

3200m - Ryan Koopman (11th)
800m - Brooks Enge (8th)

Two van fulls of athletes and coaches leave Thursday morning to Mt Tahoma to compete and cheer on the following...

Thursday
3:30 Ari 100mH
5:30 Azad TJ
5:45 Owen 1600
6:40 G 4x400
7:40 B 4x400

Friday
9:00 Aimee PV
1:05 Chase 300mH
1:30 Ari 300mH

IMPORTANT DATES

May 23 & 24- Please have your athletes return their **CLEAN** uniforms (shorts, tank, sweatpants, jacket) during practice on Monday or Tuesday or at the banquet on June 6th. We will not accept the uniform if there is still sticky stuff on them. Please be sure to remove the sticker residue with Goof Off or peanut butter. Yep, rumor has it peanut butter will do the trick!

The last chance to return the uniform and avoid a fee is at the banquet on June 6th. Currently, Seniors may see a uniform fee on their account even if they returned their uniform last week. This will be rectified after Monday when we scan in the uniforms.

May 26-28: State Championship @ Mt. Tahoma High School

June 6th @ 6pm Team Banquet in the MIHS Commons. Parents - please join us in celebrating your athlete's hard work and a great season! **Many thanks to those who contributed funds to the club this year. Your donations allow us to serve a Qdoba buffet and cake!**

ATTENTION: Parents & Athletes- Please submit your pictures from our track meets to the [Google album](#). These photos will be used for the banquet slideshow.

Senior Parents! Please email one baby picture and one senior picture for the banquet senior slideshow! Please also let me know where your senior was born and where they will be next year! Email to faithsandmaier@yahoo.com. Deadline for pictures is May 27th.

MIXCTF BOOSTER NEWS

Are you looking for an opportunity to support this community of athletes and coaches to ensure all our children experience the program's benefits? The Booster Club has a variety of opportunities that you can choose from. The most pressing need is to fill the Booster Club Volunteer Coordinator and the Communications Coordinator roles. Both roles average 1-2 hours per week for

2:00 Garrett HJ
5:05 Ari 100mH (finals)

Saturday
10:00 Azad TJ
11:45 Chase 300mH (finals)
12:00 Ari 300mH (finals)
4:45 B 4x400 (finals)
5:35 G 4x400 (finals)

If you are interested in showing the team your support, see the [State schedule](#). Bring on the warmer weather!

Coaches Amy & Stacy

PE CREDIT

A few athletes were on the bubble for earning a PE credit. An email was sent to them about options for "extra credit" to earn that credit. It entails an hour at the track helping us move equipment and organize uniforms to wrap up the season.

DONATIONS

Thank you to everyone who has donated to **MIXCTF!**

MIHS:

Anonymous
Anna Becker
Jody Blohm
Elizabeth Carson
Andrea Chatalas
Prisca Nancy Coupe
Jessica Crump
Matt Dahlin
Rachel Drake
Laurie Snyder & Mitch Eide
Janelle Evanoff
Anthony Fan
Autumn & Tim French
Wayne Gotel
Melissa Graesser
Michelle Handler
Danica Knievel
Aaron Koopman
Niyati & Jary Krauser
Michael Leavitt
Heather Martin
Yani Maryani
Robin McArthur
Yvonne Monahan
Alison Monen
Vanessa Nelson
Sharon Nguyen
Thinh Nguyen
Saderuddin Noorani
Tonya Palermo
Leilani Paras
Amy Posner Wolff
Maurica Powell

12 weeks, including post season.

[-Volunteer Coordinator](#)

[-Communications](#)

If interested, please contact [Sarah Smith](#).

THANK YOU'S

Special shout out to **Janelle Evanoff** and **Mary Anne Eng** for continuing to put our signs out around the island!

IMS CORNER

Just a final word about the End-of-Season Party next week. It will be **3:00-4:00pm on Thursday, May 26** in the IMS Commons/Lunchroom. Activity bus will be available to shuttle kids home at 4:15pm. Please have your athlete bring their WASHED uniform. That is their ticket to the party!

Many thanks to the families that contributed to the MIXCTF Booster Club this year. Your donations allow us to serve pizza, snacks and purchase ribbons, prizes and awards. Looking forward to the awards, speeches, laughs...and maybe even a fun relay out on the track! Who knows?

Rising 9th Grade XC Runners: Please check out the **MIHS XC** summer kickoff and training schedule below to get ready for a great season!

Go Gators!

Coach Rennie

SUMMER EVENTS

With track season wrapping up for most, it's not too early to start thinking about XC! Please put the below dates on your calendar and get ready for a great summer of training and fall of XC fun!

June 20, 4:00-6:00 - Summer Kick Off BBQ @ Coach Empey's (7744 85th PL SE)

June 20 - Aug 19: Weekly Practice Monday, Wednesday, Friday mornings 9:00 - 10:30. Mondays and Wednesdays @ ICP, Friday's at various off-MI locations/ trails.

July 7 - 6th Annual All Comers Meet

August 1 - Fall sports registration opens

August 22 - Official season starts (all paperwork, including medical clearance, needs to be submitted by this date)

Adam & Karla Rimmer
Kelly Rogan
Faith & Jason Sandmaier
Youngae Sandoval
Mickey & Christian Schiller
Susan Sheno
Michelle Shleifer
Sarah Smith
Lynda Usman
Karen May & Daniel Weeks

IMS:

Anonymous
Sara Bowen
Dennis Capinpin
Alexander Doroski
Julie & Ken Duffie
Jeff Dunn
Anne Gerry
Jennifer Giannini Upton
Carrie Johnsen
Kelly Mann
Ly-Lan McCarthy
Ian Moncaster
Krista Nowakowski
Patrice Rousell
Morgan Shook
Nathan Shopay
Stephen Simmons, Jr.
Alison Tintle
Jingtao Yang
Chantel Zettel

Corporate Donors:

BECU
Blackrock, Inc.
Boeing
Microsoft
Weyerhaeuser Company

Sept 2-3 - Overnight retreat at Fort Worden. Space is limited to 50 runners; priority will be given to those who train over the summer.

Go **MIXC!**

Meet the MIXCTF Booster Board Members:

Amy Posner Wolff, Co-Head Coach MI Track & Field
Stacy Edwards, Co-Head Coach MI Track & Field
Susan Empey, Head Coach MI Cross Country
Stephen Rennie, Head Coach IMS Cross Country and Track & Field
Faith Sandmaier, President
Sarah Smith, President Elect
Julie Duffie, Treasurer
Peter Sung, Secretary
Aaron Koopman, Fundraising and Swag
Niyati Krauser, Volunteer Coordinator
Karen Weeks, Volunteer Coordinator
Chantel Zettel, Newsletters
Leslie Lawrence, IMS Representative

STAY IN TOUCH

Parents and athletes, please keep your BAND App active throughout the year as we will continue to communicate through it regarding preseason training and meetings.

MITF Long Distance group Band App:

<https://band.us/n/a7a96ee9q0N8I>

T & F group Band App:

<https://band.us/n/a5a65bp2k2YeR>

Website: mixctf.com

Email Updates: To be added to the distribution list, send an email to mixcinfo@gmail.com. Generally, updates are monthly until the season begins.

Questions for the Board: email [Faith Sandmaier](mailto:Faith.Sandmaier)

MIXC and Track Club | PO Box 1531, Mercer Island, WA 98040

[Unsubscribe mixcinfo@gmail.com](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by mixcinfo@gmail.com powered by



Try email marketing for free today!