



TRACK & FIELD: WEEK 14 UPDATES

COACHES UPDATES

Greetings MI Track & Field!

It's a wrap! Track season 2022 is in the books with the first full season in three years! I've never been so excited to drive I-5 to Tacoma! Two vans, 6 coaches, 13 athletes and many memories! There was rain, sun, wind, mist and more rain. But the weather didn't stop us!

State Results

The **4x400 girls** are all returning next season and pumped to make it back to State. The **boys 4x400** ran with grit - barely missing the finals with their fastest race this season. Three of four boys will be back next year!

Owen Powell was one of two freshmen out of 20 boys in the 1600m. He ran his fastest time and took 13th. Three more years left to watch Owen make his way up the ranks.

Garrett Rogan's high jump wasn't his PR, but 6' launched him on the podium placing 8th in State!

Azad Khan's long jump didn't put him on the podium but his triple jump PR of 43' 07.25 putting him at 5th in State!

Chase Shavey ran his heart out in the prelims of the 300m hurdles placing first in his heat and earning a spot in the finals. His time of 41.5 is the fastest MI 300m hurdle time in the past 10 years (looking for archives to see if it is a school record). He came into the meet sitting with the 16th fastest time and finished 7th overall!

Ari Nguyen had a full load running FIVE races! She started us off Thursday with a PR in the 100m hurdles, earning her a spot in Friday's finals. Another PR landed her on the podium as 4th in State with a time of 15.58. Ari's 300m hurdle time of 45.36 earned her 5th place in the State. Ari is a junior who was also part of the 4x400 team.

What a great way to finish off our first season back! The coaching staff enjoyed coaching your young athletes. Best of luck to the 24 graduating seniors! To the rest of the team, we look forward to having them back next season (and cross country in the fall)!

IMPORTANT DATES

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!**

The last chance to return the uniform and avoid a fee is at the banquet on June 6th. Please have your athletes return their **CLEAN** uniforms (shorts, tank, sweatpants, jacket). We will not accept the uniform if there is still sticky stuff on them. 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.

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

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)

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.

Don't forget our [Track & Field Banquet](#) this Thursday, June 6th in the MIHS Commons from 6-8pm. We look forward to celebrating the season with the entire team and their parents. Come hungry, let's celebrate and leave happy!

Thank you parents for supporting your athletes and our program. Huge thank you to the **Booster** parents for all the hours put into making sure the team and coaches team have everything we need, equipment, communication to parents, and the banquet, to name a few. We can't forget about the snacks brought to the long meets, goody bags for State competitors and arranging the ever-so-fun pasta feeds!

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.

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

Go **MIXC!**

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 12 weeks, including post season.

[-Volunteer Coordinator](#)

[-Communications](#)

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

IMS CORNER

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

Go **Gators!**

Coach Rennie

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

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!