



TRACK & FIELD: WEEK 10 UPDATES

COACHES UPDATES

Greetings MI Track & Field!

Mercer Island had another great week! We kicked off our second to last regular season meet with a wonderful pasta feed at the Woerners. Thank you for opening up your home to us! The quad-meet at Renton Memorial Stadium with Hazen, Renton and Foster was a success with 43 PR's on the boys' side and 25 PR's for the girls. Kudos to the Handler twins along with two throwers and the freshman girls four-pack whos 4x400's earned our team points!

We had many more PR's at the Bill Harris Invite!

Boys: 4x400 2nd place/PR, Azad Khan PR'ed and won the triple jump, Garrett Rogan won HJ, Brooks Enge 2nd place/PR 800m, Chase 3rd place/PR 300m hurdles

Other PR's: Boys 4x100, Quinn Shavey 200m, Sam Hill 400m, Luca Palermo 1600, 3200 Lars Eide & Carson Schiller, Lemai HJ

Girls: Ari Nguyen 2nd 100m hurdles, Addy Bergman 3rd place/huge PR javelin

Other PR's: Nicole McArther 800, Sibella Benninghoff HJ

Two athletes attended The Shoreline Invite; Owen Powell PR'ed by over 10 seconds running a 4:18.55 in the 1600m! Ryan Koopman PRed in the 3200m by 12 seconds!

Next week is our final week of regular-season competition. Wednesday we head to Lake Washington for a tri-meet with LW and Juanita. Athletes looking for one last race to qualify for KingCo have the opportunity to do so back at LW for the Last Chance meet. Next Saturday is KingCo seeding meeting where the final decisions on which 16 athletes in each event move on to the KingCo

championship meet. Athletes are allowed 4 events, which means some athletes will scratch out of events in which they have qualified, bumping athletes up the rankings. Therefore, an athlete who is currently ranked below the top 16, still has a chance to move on. We will know who all qualifies by the evening of Saturday, May

THANK YOU'S

Thank you to our Pasta Feed hosts, the **Woerners**, and our helpers, **Michelle Handler, Alison Monen and Susie Sung**.

A huge shout out to **Aaron Koopman** and **Sarah Smith** for bringing awesome snacks to the meet.

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



PASTA FEEDS

This week will be our final pasta feed of the season!

Click the [SignUp Genius](#) link for details. Reminder to the athletes to please bring the following items with them to the Pasta Feed.

- Freshman (bread)
- Sophomores (salads)
- Juniors (desserts)
- Seniors (beverages)

IMS CORNER

Greetings Islanders!

Hello Islander Track & Field Families! We had a great meet last week at Chief Kanim MS. The weather was fantastic and our athletes put in their best efforts. At the end of the day, we won three of the six classifications once again.

7th.

Way to go MI!

Coaches Amy & Stacy

[Click here](#) to see the order of events.

Click [here](#) to read all the Coach bios.

[Click Here](#) to check out the **Senior Night** Photos.

[T & F Field meet schedule](#) can be found here.
(check back frequently as dates/locations may be added or changed). All meets begin at 4pm.

IMPORTANT DATES

Pasta Feed - May 3rd @ 6pm @ The Graesser's located at 7416 Mercer Terrace Dr. (Ample parking available.) Please remind your athlete to bring their designated item below.

- Freshman (Bread)
- Sophomore (Salads)
- Juniors (Desserts)
- Seniors (Beverages)

Team Banquet-June 6th @ 6pm in the MIHS Commons

DONATIONS

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Take care of your [MI Track and Field donation](#) by logging onto our website [mixctf.com](#) to pay with PayPal Giving or Zelle!

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

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Autumn & Tim French
Wayne Gotel
Melissa Graesser
Michelle Handler
Danica Knieval
Aaron Koopman
Niyati & Jary Krauser
Michael Leavitt

Hooray! Full results from the meet can be [found here](#).

Our next meet is coming up on Tuesday, May 3. We will take on Snoqualmie MS, competing on the fabulous (super-fast) track at Mt. Si High School! Hope to see everyone there.

Go Gators!

Coach Rennie

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](#)

Meet the MIXCTF Booster Board Members:

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