



## TRACK & FIELD: WEEK 12 UPDATES

### COACHES UPDATES

#### Greetings MI Track & Field!

We have made it through week 11, KingCo JV and KingCo Championships. Last Tuesday, Lake Washington hosted another well-run and efficient track meet for JV KingCo. Mercer Island athletes produced 28 PR's! That is what the JV meet is all about - each athlete completing the season with their top performances.

Wednesday we headed to Juanita to kick off three days of prelims and finals for the KingCo Championship. The top four move on to Districts (Metro/KingCo) in West Seattle next Wednesday and Friday. The [schedule is here](#). From Districts, the top 6 move on to State the following Thursday, Friday and Saturday in Tacoma at Mt Tahoma. State schedule found [here](#).

The following athletes competed at the KingCo meet. (Names in bold heading to Districts)

#### Girls:

**Ari - 100MH 3rd, 300MH (PR) 2nd, 4x200, 4x400 to Districts**

**Aimee -100MH 6th, to Districts - Pole Vault 2nd**

**Maddy - 300MH (PR), 100mh (PR)**

**Clara - 300MH Freshman!**

**Mac -200 5th, to Districts - 4x200, 4x400**

200 - Asha, Jenna

400 - Sophia S (Freshman)

800 - Nandini 6th (PR), Nikki, Sophia

1600 - Sophia F 6th, Nandini 13th, Sofia L 16

3200 - Anna 20+second PR!!

4x100 - Jenna, Maggie, Anna, Asha

**4x200 - Mac, Ari, Asha, Jenna to Districts**

**4x400 - Maddy, Mac, Ari, Sofia to Districts**

TJ - Jaya, Sophia (Freshman)

LJ - Jaya

HJ - Sibella (Freshman)

Jav - Addy

Disc - Lila (PR), Addy

Shot - Lila (PR)

#### Boys:

400 - Nick, Jasper, Sam

**300MH Chase 1st to Districts, 4x400**

**800 - Brooks 3rd PR to Districts, Miles PR, Sam, Lucas PR**

**1600 - Owen Freshman! 1st to Districts , Brooks,**

### IMPORTANT DATES

**May 16 & 23** - Please have your athletes return their **CLEAN** uniforms during practice on the next two Mondays, **May 16/23** 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!

**May 18 & May 20:** Districts Meet @ Chief Sealth High School

**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! The **MITF Board** will be providing Qdoba for everyone.

**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](mailto: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 12 weeks, including post season.

[-Volunteer Coordinator](#)

[-Communications](#)

Ryan, Lars, Carson PR  
3200- Ryan 2nd (PR) to Districts , Lars, Carson (PR)  
4x100 - Quinn, Garret, Azad, Garrett  
4x400 - Quinn, Chase, Brooks, Azad 1st! to Districts  
TJ - Azad 2nd, Garrett 4th to districts  
LJ - Azad 4th to Districts, Garrett both PR's  
HJ - Garrett 2nd to Districts, Lemai  
Disc & Jav - Dylan

Coaches Amy & Stacy

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.

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## 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 Knieval  
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  
Adam & Karla Rimmer  
Kelly Rogan  
Faith & Jason Sandmaier  
Youngae Sandoval  
Mickey & Christian Schiller  
Susan Sheno

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

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## THANK YOU'S

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

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## IMS CORNER

Greetings Islander Track & Field Families!

Results from Thursday's rainy and blustery home meet against Tolt can be [found here](#). Great job to all our athletes! Lots of them are continuing to set PRs and improving their performances. Way to go!

We will continue practice Mon-Wed this week, with the League Finals on Thursday @ Tolt MS starting at 3:30pm.

Our End-of-Season Party will be in the IMS Commons on May 26 right after school. Athletes will turn in uniforms, celebrate their achievements and pig out on pizza and treats. Please let me know if you are available to help out with this celebration. We need parents to sort uniforms, distribute food and celebrate our athletes!

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**

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## 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)

Michelle Shleifer  
Sarah Smith  
Lynda Usman  
Karen May & Daniel Weeks

**IMS:**

Anonymous  
Sara Bowen  
Alexander Doroski  
Julie & Ken Duffie  
Jeff Dunn  
Anne Gerry  
Carrie Johnsen  
Kelly Mann  
Ly-Lan McCarthy  
Ian Moncaster  
Krista Nowakowski  
Patrice Rousell  
Morgan Shook  
Nathan Shopay  
Stephen Simmons, Jr.  
Alison Tintle  
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!**

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## 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](http://mixctf.com)

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

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

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### 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

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

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