



TRACK & FIELD: WEEK 11 UPDATES



COACHES UPDATES

Greetings MI Track & Field!

Week ten in the books! We finished off our regular season at Lake Washington on Wednesday and Friday with a tri-meet (Juanita and LW) followed by the Last Chance Invitational. In addition, a handful of distance kids competed at Liberty's Twilight Meet on Friday. At the Wednesday meet, 40 boys PR'ed and 17 girls achieved their personal best marks. The Friday meets were an opportunity for athletes to have one more competition to qualify or move up the KingCo ranks in hopes to secure a spot at the KingCo Championship.

(Friday stats to follow)

On Saturday the final KingCo list was firmed up. All athletes who did not qualify for the championship meet will have one more opportunity to race at JV KingCo on Tuesday at Lake Washington. For those moving on to the KingCo Championship meet, be prepared to compete Wednesday, Thursday and Friday. [See attached schedule.](#) The meet will include 2A, 3A and 4A, yet we only compete in our 3A division. The top 4 move on to the Sea-King District meet the following Wednesday and Friday in West Seattle at Chief Sealth. The top 6 from Districts make it to State at Mt. Tahoma High School in Tacoma.

Huge shout out to the **Sandmaier** family for opening up their amazing backyard for our last pasta feed of the season. It was a delight watching the kids enjoy each other's company, play football and brave a few cold plunges in the lake followed by a warm dip in the hot tub.

THANK YOU'S

Thank you to our Pasta Feed hosts, **Jason and Faith Sandmaier**, and our helpers, **Sangita Woerner, Lisa Mulligan, Niyati Krauser and Melissa Graesser.**

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

IMS CORNER

Greetings Islander Track & Field Families!

Results from Tuesday's meet at Mt Si High School can be [found here](#). Great job to all our athletes. Lots of them are setting PRs and improving their performances. Way to go!

We will continue practice Mon-Wed each of the next two weeks, looking ahead to our meets on both Thursdays. Please note: there will not be practice next Friday, May 13th.

We need your help once again! Our second (and last) home meet is next Thursday (May 12) vs Tolt MS. If you are available to help with race timing, throws or jumps, please sign up here: [SignUp Genius](#).

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>

Mark your calendar for the banquet on Monday, June 6th.

Way to go MI!

Coaches Amy & Stacy

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

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

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

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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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