

TRACK & FIELD IS A UNIQUE SPORT

You will find track & Field a very different athletic experience. There are no team benches or sides of the field. You will mingle, talk with, and perhaps even help or receive help from other athletes – even those from opposing schools. No other sport can offer you this kind of experience – Make the most of it!

Also, you get a chance to prove yourself every week in the dual meet competition. The decision of who will compete on the varsity level is more fair than any other sport, as it's based on measurable performance by the athletes. We look at the stopwatch and the tape measure, and then we make our decision. It's you against the elements and gravity to win one of the four varsity spots in the 16 events that make up the sport. You do it on your own. Your dedication to practice, and hard work, will be noticed when you participate.

When all individual efforts are put together, the team becomes a winner, and you personally still have a chance to be recognized individually for your efforts.

Welcome to Track & Field! Let's get together and make this a successful year – both as a team and individually.