

## 2019 Eagle Track Preseason Conditioning

Starting Tuesday, February 5, there will be several track preseason conditioning days. The purpose of the conditioning days are to prepare athletes for the upcoming track season. Any/all athletes are invited to participate. ***Participation in preseason conditioning is NOT required for participation during the track season***, but is recommended.

**Preseason Days:**                      Week One: Tuesday, Feb. 5 and Thursday Feb. 7  
  Week Two: Wednesday, Feb. 13 and Thursday, Feb. 14  
  Week Three: Tuesday, Feb. 19 and Thursday, Feb. 21

**Time:** Meet at 2:30 in the Oak Canyon Junior High Weight Room.

**Workouts** will consist of YOUR CHOICE of:

- 1) (Ability) Group distance runs
- 2) Sprint intervals
- 3) Field Events / Strength Training

## 2019 Eagle Track Season officially begins on Monday, February 25

At this point, permission forms, physical forms, and \$25 participation fee will be required. They MUST be turned in before participation at the first track meet.

**Events:**                      **Distance-**800m, 1600m, 3200m (3200m is for 9<sup>th</sup> graders)  
  **Sprints-** 100m, 200m, 400m, 4x100 relay, 4x400 relay  
  **Field-** High Jump, Long Jump, Shot Put

### Eligibility:

- \* \$25 participation fee paid to the Financial Office
- \* Have at least a 2.0 GPA with no more than one F grade in 3<sup>rd</sup> quarter (District Requirement)
- \* Permission form signed (a new permission form is required each year)
- \* Physical form on file at school (physical must be within the past year)

**Practice:** Practices ***will be held at Timpanogos High School on Monday-Thursday @ 3:30pm***

**Monday:** Boys Sprints, Girls Field Events, All Distance

**Tuesday:** Girls Sprints, Boys Field Events, All Distance

**Wednesday:** Boys Sprints, Girls Field Events, All Distance

**Thursday:** Girls Sprints, Boys Field Events, All Distance

On **Fridays**, practices for all athletes ***will be held at Oak Canyon Junior High from 2:30-3:30***

**Meet Schedule:** Will be given as it becomes available.

**More Information:** All of the above information and more is available (including school and grade-level records) on the Track Website:

<https://sites.google.com/a/alpinedistrict.org/mr-andrus-classes/z-track-stats-info>