

# Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #11: May 23 -May 29, 2022

Day		Time /Schedule/Event
Monday	5/23	<b>3:30 pm:</b> All Team members meet OUTSIDE in the stadium for practice – *Lake Conference athletes: Pre-meet with sprints doing 1-2 block starts and 4x200 handoffs. All others: Sprints/hurdles/jumps: Endurance capacity or possible pre-meet, Distance: Likely workout or longer run  For those not competing today, Coaches will be at the Lake conference meet, Practice will be communicated to you from your event coaches for you to do on your own.
Tuesday	5/24	<b>Meet Day – Lake Conference Championships</b> <b>1:40:</b> Select field events excused from class at 1:400 with bus departure at 2:00. Events include boys Vault, shot put, triple jump <b>2:40:</b> Everyone else is excused from class at 2:400 with a bus departure at 3:00. <b>3:30:</b> Select field events start with remaining field events starting at 5:30. <b>4:00:</b> Track events begin. For those not competing today, Coaches will be at the Lake conference meet, Practice will be communicated to you from your event coaches for you to do on your own.
Wednesday	5/25	<b>3:30 pm:</b> Team members meet OUTSIDE in the stadium for practice –
Thursday	5/26	<b>3:30 pm:</b> Team members meet OUTSIDE in the stadium for practice –
Friday	5/27	<b>3:30 pm:</b> Team members meet OUTSIDE in the stadium for practice – Meet Day – True Team Sprints Intersquad – Meet for warm-ups after school, first event starts at 4:15. Teams and events will be selected on Wednesday
Saturday	5/28	9:30 am – Practice for throws – Meet at throws rings outside the stadium 9:30 – Distance, Sprints, Hurdles, Jumps, Vault - Meet in the WHS stadium on the turf.
Sunday	5/29	Off – take something or someone for a walk.

**Congratulations to all Team members on the runner up finish at the MN State True Team meet. This marks 11 years that Wayzata boys have been in the top 2 at the MN State Meet. (6 Championships and 4 runner up, one Co-Vid). The photo from the award stand will go in the trophy and displayed in the school trophy case.**

**Vets:** Outstanding job putting everything together to get on the podium at State True Team, you took care of things to put yourself in position to be successful. Our coaches are extremely proud of the top result and keeping the Wayzata T&F tradition going. We now move on to the MSHSL meets. We are using the Lake conference meet as a tune-up for the MSHSL meets, The Section 6AA meet is at Wayzata next Tuesday and Thursday and will determine advancement to the MSHSL State Meet.

**Rookies:** Super nice job learning how to be a contributing member to the team. We are happy how you have learned the process and looking forward to seeing your contribute in varsity meets soon. You have put together a good foundation that will serve you well in the coming year in not only T&F but all the other activities you are involved in. Many of you will still be competing in our intersquad meets this and next week.

**Parents:**

**Parents!!! Please be sure to join the Wayzata Booster Accounts and list Boys track and field as your team of support. It is the primary fundraiser for our team this year. It cover much of what we are able to do each season. The website to join is: <https://wayzataboosters.sportngin.com/register/form/965636768>**

**Reminders for ALL:**

**Next Week:**

- We will have varsity practice next Monday night at 6:00. This will be a final shakeout for the Section 6AAA meet.
- The varsity is back at home for the Section 6AA meet. We are allowed three entries per event and one relay. This will be the final meet that will determine advancement to the MSHSL state meet.
- It is the final week of school for 9<sup>th</sup>-11<sup>th</sup> grades, make sure to stay on top of your school work, especially if you are in the MSHSL section meet which is during the school day on Tuesday and Thursday.
- The Wayzata Youth Track & Field Meets start June 8. This is a super fun event for our 5-12 years old's in the community. We will be needing volunteers for this to make it possible. It will take one hour of your time and you get to help out with a bunch of the boys and girls on the team.

**Competing is like mouthwash; if you can feel the burn, it's working.**

*Brian Tackett*