

Wayzata Boys Track and Field

WayzataTrack.org / @WayzataTrack

Week #9: May 16 -June 22, 2022

Day		Time /Schedule/Event
Monday	5/16	3:30 pm: Team members meet outside in the stadium for practice 9/10 th graders scheduled to compete in the 9/10 Lake conference meet: Pre-meet and event signups All other sprints/hurdles/jumps. (Long sprints: Broken 400m, Short sprints: 150's in spikes) all bring spikes Speed light today All other Distance: goal workout – bring spikes
Tuesday	5/17	9/10 grade Meet Day – Lake Conference 9/10 Championships at Minnetonka 2:15: 9/10 graders dismissed from class with a bus departure at 2:30. 4:00: Track events begin, field events begin. 3:30 pm: All other team members meet in stadium for practice
Wednesday	5/18	3:30 pm: Team members meet outside in the stadium for practice 11/12 graders that are not competing in True Team – Pre-meet
Thursday	5/19	3:30 pm: Team members meet outside in the stadium for practice 3:30 pm: All member of the true team roster, meet in room E-105 for pre meet planning 3:10 pm all 11/12 competing today are dismissed from school and should come right out to the stadium. 4:00 pm: 11/12 grade final conference JV tri meet.
Friday	5/20	Start True Team MEET DAY – 11:10 All 65 person roster is dismissed after 2 nd block and before Overtime – Change and go to lunch. 12:10 Load busses for State True Team – Builders but departs at 12:20 – 50 person roster departs at 12:35 3:10 – State True Team Championships at Stillwater begin. 3:30 pm: All other team members will practice on their own, coaches will communicate your practice for the last chance meets and potentially Lake Conference.
Saturday	5/21	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	5/22	Off – take something or someone for a walk.

It is True Team week! Our team is going for our 7th State True Team Championship this week, it is going to very close with about 2-3 teams! We will talk about the meet all week and have a short meeting on Thursday for those going. The roster is NOT SET. Team members have two chances this week to make the 65 person travel roster.

Vets: Take care of business this week. Small things will make a difference

Rookies:

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:

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

