

Put your running shoes on!



It's time to join the IHM co-ed track team (5th to 8th grade). This is the first year that IHM is participating in this event. We received word just 3 weeks before the meet, so just make the practices that you can, train a little on your own, and come enjoy this Track-and-Field Event!

**Event Info:**

When: Sunday, April 28th at 12:00pm

Where: Edgewood High School Track

**Events include:**

**Field Events**

long jump

shot put

high jump

**Track Events**

110 m low hurdles

100 m dash

200 m dash

400 m dash

800 m run

1600 m run

800 m relay

We will be holding one-hour practices on the following dates:

Sunday, April 14th @ 6:00 p.m.

Friday, April 19th @ 6:00 pm

Saturday, April 20th @ TBD

Monday, April 22nd @ 5:00 (no school)

Tuesday, April 23rd @ 5:00 (no school)

There is no participation fee for those who want to try this fun event! We will gather in the school parking lot. Participants need not attend all practices but we do need to know who is interested, so please email Tom Kirschbaum at [kirschbaumm@yahoo.com](mailto:kirschbaumm@yahoo.com) ASAP if you are interested.