

## Parents Letter: Week 4 – March 20<sup>th</sup> – March 25<sup>th</sup>

Hello GFC Boys Track & Field Parents,

We had our first meet this Saturday at UND. Thank you parents for being flexible on our changing schedule due to the weather. We have two separate meets this week:

- **State Indoor Meet, NDSU, Friday.** (Limited to 4 athletes/field event, and 6 athletes/running) We will only be taking a few Seniors and Juniors this meet (about 14). The majority of our team are Sophomores and Freshman. We want those athletes to compete together and grow as a team, so they will be competing on Saturday.
  - **1:30 pm** – Bus leaves for Fargo
  - **4:00 pm** – Meet Starts
  
- **Great Northern Regional Meet, UND, Saturday.** (Unlimited entries). We will have over 50 athletes competing at this meet.
  - **10 am** – Athletes arrive at UND
  - **11 am** - Meet Starts

### Week 3 Key Items

#### Monday

3:15 pm       Weights – Sprinters, Hurdlers, PV, Distance at GFC  
3:50 pm       Throwers at RR  
7:30 – 9:30pm Sprinters, PV, Hurdlers, Distance at UND, FPAC

#### Tuesday

3:05 pm       Team meeting in Room 312 - Mandatory  
3:50 pm       Throwers at RR  
3:45 – 6pm     Sprinters, PV, Hurdlers, Distance at Central

#### Wednesday

3:15 pm       Weights – Sprinters, Hurdlers, PV, Distance at GFC  
3:50 pm       Throwers at RR  
3:45 – 6pm     Sprinters, PV, Hurdlers, Distance at Central

#### Thursday

3:15 pm       Weights for those going to the meet on Saturday  
3:50 pm       Shot, Discus at RR  
7:30 – 9:30 pm Jav, Sprinters, PV, Hurdlers, Distance at UND, FPAC

#### Friday

1:30 pm       Bus Leaves for NDSU

3:50 pm      Throwers at RR  
3:45 – 6pm    Sprinters, PV, Hurdlers, Distance at Central

**Saturday**

10 am        Arrive at UND

11 am        Meet Starts

Thank you

Sean Allan

GFC Boys Head Coach Track & Field, 218-779-6541