

## Parents Letter: Week 5 – March 27<sup>th</sup> – April 7<sup>th</sup>

Hello GFC Boys Track & Field Parents,

Hopefully most your sons have had a meet this season! We still have a few new members to our team that need to get in a meet and hopefully the two meets this week will allow everyone to get another chance for improvement! Due to limitations on bussing (can only get 1 bus per day) and meet entries we are attending two separate meets this week.

Meets:

- **Cobber Indoor, Concordia College, Friday.** (Unlimited entries) I will know more later this week who will be attending which meet. Some athletes are unable to attend a Saturday meet. Please check the website later this week for which meet your son will be attending. The food court will close (8:30 pm) before we are done. **Athletes will need to bring food!!**
  - **2:15 pm** - Excused from Class
  - **2:30 pm** – Bus leaves for Moorhead
  - **5:00 pm** – Meet Starts
  - **10:30 pm** – Approximate return time. We will not run a 4x4 to save some time
  
- **Thundering Herd, NDSU, Saturday.** (5/field, 6/running limited entries). We will take the majority of athletes to this meet. We will stop to eat at the food court afterwards. Athletes still need to bring water and snacks.
  - **9:30 am** – Bus leaves for Fargo
  - **Noon** - Meet Starts
  - **6:30 pm** – Approximate return time

There is concern, due to the amount of snow, that we will not be outside for our mid-April meets. We are currently looking to rent UND-FPAC the remaining Saturday's to host few more indoor meets. Please keep checking our website and our GroupMe for updates on our meet schedule.

### Week 5 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

Thank you

Sean Allan

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