

Parents Letter Week 4 – March 18th – 24th

Hello GFC Boys Track & Field Parents,

Last week we had our first meet, and had 13 PR's (Personal records). Pictures with the PR chain were posted on our **Instagram** – KnightrunningGFC. This week will be busy with a parent's meeting, and a varsity or JV meet. We practice twice at UND FPAC on Monday and Thursday this week.

We will be practicing Monday and Thursday at UND FPAC from 7 pm till 9 pm The throwers will be practicing from 3:50 pm at Red River.

The online store is open the link is on our website till Thursday, Midnight.

Wednesday, March 20th, 5:30pm will be having our **Parent's Meeting** in Central High School Choir room. Enter door #5 (at street level) or door #6 (Main Entrance to Auditorium). This meeting will take 30 mins.

Friday, March 22nd, State Indoor at NDSU. We will be leaving Central HS at 8:30 am. This meet we are limited to the top 4 in field events, and top 6 in running. We will mostly be taking our Juniors and Seniors to this meet. Please send money for lunch, we will stop at the food court at the mall.

Saturday, March 23rd, Great Northern Indoor, at UND. Field athletes need to arrive at 10 am, and runners at 11 am. This is where the majority of our team will compete, mainly our Sophomores and Freshman.

Week 5 we will be going to NDSU on Friday for the Snowbird Invite.

Thank you,

Sean Allan
GFC Boys Head Coach Track & Field