



# SHS 2023 Track Schedule

*Class 3A - Region R3 - District D10*

## **Practices**

**Monday, January 30**

**Practice days**

**Practice times**

**Friday practice**

First practice

Monday - Thursday

2:15-3:30pm

Coaches choice

## **Regular Season**

**Monday, February 6**

**Thursday, February 16**

**Tuesday, February 21**

**Friday, February 24**

**Thursday, March 2**

**Thursday, March 9**

**Friday, March 24**

**Thursday, April 6**

**Monday, April 10**

**Thursday, April 13**

***Seminole middle meets***

Fundraiser begins

Lipham Relays @ Keswick Christian HS

Countryside dual/tri meet

Calvary Christian Invitational @ Calvary Christian HS

Shorecrest Invitational @ Shorecrest

Mustang Invitational @ Northside Christian @ 1:45 p.m.

Richard Allen Relays @ Pinellas Park HS @ 2:30 p.m.

John Tasopolos Invitational @ St. Petersburg HS

Senior Night @ Seminole HS

PCAC @ East Lake HS

Please note: 2/22 and 3/1 Seminole middle will be hosting meets at our school - we will need to have the track cleared by 3:30 pm

## **Post Season**

**Week of April 17**

**Thursday, May 4**

**May 10-12 (TBD)**

Districts @ TBA

Regionals @ Charlotte HS

States @ University of Florida

## Team Chat:

Track & Field 2023



## Uniforms:

Please use the below links to purchase your jersey top. If you have a jersey from last year - you may use that. For shorts, please get black shorts or purchase through team store.

MUST PURCHASE BY WEDNESDAY 1/18	
<b>Singlets:</b> <a href="https://bsnteamssports.com/shop/GqaFVg8gQc">https://bsnteamssports.com/shop/GqaFVg8gQc</a>	<b>Team store:</b> <a href="https://bsnteamssports.com/shop/mESUCxMfyW">https://bsnteamssports.com/shop/mESUCxMfyW</a>
	

## What to Bring to Meet:

- Chair
- Blanket
- Change of clothes
- Warm clothes (for cooler nights-hat, gloves, dry socks)
- Water bottle
- Healthy snacks
- Concession money or food for dinner

## Team Rules:

1. Be at practice on time. We start at 2:15 pm (M-Th), Friday's are coaches choice.
2. Stay the entirety of the meet. We will arrive and leave as a group.
3. Be respectful. This is important for practices **and** meets. If you are removed from meet, you will have a suspension or possible removal from team.
4. Have fun. Don't be afraid to try new things. Push yourself out of your comfort zone.
5. Try your best. Drink water. Eat a healthy diet. Get proper rest.