

2015 SGS Track Info

Practice Schedule

March 10-May 14, Tues & Thurs, 6:00-7:30 p.m. @ CSM
No practice during Easter vacation on April 7 & 9



Track Meet Schedule

Date / Grades / Location

Mar 22 / 5-8 / Carmont

Mar 29 / 5-8 / San Mateo

Apr 12 / 5-8 / Serra

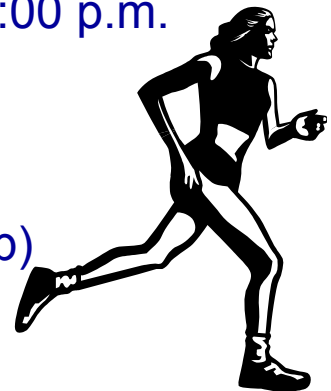
Apr 18 / 5 / Mills (St V Invitational) 12:00-5:00 p.m.

Apr 19 / 6-8 / Mills

Apr 26 / 5-8 / Serra (**Last Grade 5**)

May 03/ 6-8 / Serra (Divisional)

May 17/ 6-8 / CSM or Chabot (Championship)



Meets start at **12:30** p.m. and usually end at 5 p.m.

Arrive by **12:00** p.m. to warm up.

Championship Meet starts at 10 a.m. and Awards at 5:15 p.m.

Order of Running Events

4x100m Relay, 800m, 100m,
400m, 1600m, 200m,
4x400m Relay

Field Events

Long Jump
High Jump
Shot Put

Head Coach: Rob Vaughan rgvaughan@myastound.net

Coaching Staff: Stacey Loftus, Marc Besse, Lora Anderson, Mari Scheel, Sunny Diaz. If interested in coaching or volunteering, please email Rob.