

# Track and Field

## 1. What ages are able to participate?

Track and Field is available for boys and girls in grades 3-6.

## 2. Where will practices be held?

Practices will be held at the Lehi High School Track

## 3. What days will the practices be held?

Practices will be held on Wednesday evenings from 4-5 p.m. at the High School.

## 4. Will Track Meets be available?

Two Lehi Inter-squad Track Meets will be held during the season as part of their 8 sessions. Other County-wide Meets will be available for the participants to be a part of for an additional charge. Details on dates and locations will be given out during the practices.

## 5. What is included in the registration fee?

8 Sessions (6 practices and 2 inter-squad meets), a t-shirt and a participant certificate.

## 6. Who will be the instructors/coaches?

The Lehi Track and Field Coach will be the main instructor for the program. They will also have Jr. Coaches which are high school students who run track and field assisting with the coaching.

## 7. When will the parents be contacted about the program after they register?

They will receive a phone call from the Sports Staff approximately 1-2 weeks before the program begins. You can also tell them to plan on it starting on the start date found on the flyer.

## 8. Is there a possibility of Rain-Outs?

Yes. If there is a need to cancel practice due to inclement weather, the information will be updated on the rain-out hotline.

## 9. Is S.A.G.E. required? YES