

Track and Field

Practice Schedule

Practice Dates: March 30, April 6, April 13, April 20, May 4, May 11

Day/Time: Saturday from 3:00p – 4:30p

Location: Washington High School (WHS) Track, 501 N. Sycamore Avenue, Sioux Falls

Back-up Location: Unify Center, 900 I-90 Lane (Next to the SOSD office)

High Jump Athletes (including Pentathlon): Be at practice by 2:30p on April 6, April 20, May 11

Race Walk Athletes: Be at practice by 2:30p on March 30, April 13, May 4

Practice will not be canceled due to cold weather. Be sure to dress warm on cold days. In case of rain or snow, practice may be moved to the Special Olympics South Dakota Unify Center. If a practice is moved or canceled, all athletes will be called. Please do **not** call to ask if there is practice.

Wheelchair Athletes: If you are unable to attend due to cold weather, your practice make-up date will be the following Monday at Edison MS from 6:30p – 8:00p. If you miss the following Monday it is a missed practice.

Attendance Requirement: Athletes participating in two Spring/Summer Games sports may miss up to three practices total, but no more than two practices within one sport. If you miss more than three practices or a total of 4.5 hours, you may be scratched from participating. Athletes only participating in Track may miss up to one practice or a total of 1.5 hours **and** the practice hours must be made up by attending a Soccer Skills practice. Please contact Tracy Donovan to schedule make-up hours. Missed time includes arriving late to or leaving early from practice.

Athletes not attending State, your last practice is April 20.

Competition Dates

SE Area Spring Games: Saturday, April 27 at Howard Wood Field, Sioux Falls

State Summer Games: May 16 – 18 at USD, Vermillion
Race Walk event is held Friday afternoon, May 17
Track and Field events are held on Saturday, May 18

Area and State handouts will be given to athletes at the practice prior to the event. Event information will be posted on our website, www.sosiouxfalls.org, and Facebook page, www.facebook.com/sffireworks, as soon as it becomes available.

Additional Information

- Wear proper track clothing such as: Shorts, Sweatpants, T-shirt, Running shoes (no jeans or sandals)
- Bring water to drink
- Restrooms are not available at track practices

Contact Information

Questions regarding Track & Field can be directed to Maren VanLuvanee at 605/961-7572. You may also call the Fireworks phone at 605/336-0240 or email Tracy Donovan at tracy.d@sosiouxfalls.org.