



GRANITE RIDGE
TRACK & FIELD
 RUN • THROW • JUMP • FLY

GIRLS CIAL CHAMPIONS

2008 • 2009 • 2010
2011 • 2018 • 2019

PRE-SEASON CAMP

Jan 22-25; Jan. 29-Feb. 1; Times 3:30-5 p.m.
 Clovis North Track (South Bleachers)

SEASON BEGINS FEB 5

3:30-5:30 pm. Monday-Friday
 Clovis North Track (South Bleachers)

Bring appropriate workout clothes and shoes, water, inhaler (if you carry one). **WARM UP PANTS AND SWEATSHIRT ARE REQUIRED AT EVERY PRACTICE.**

REQUIRMENTS TO PRACTICE:

✓ *Sports Physical (if not already completed for a prior sport).*

✓ *Permission Click paperwork completed ONLINE.*

Capture this QR Code or go online to Clovis North/Granite Ridge website and find Athletics for further information

COMPLETE THIS FORM
 PRIOR TO DAY ONE
 OF PRACTICE!



FOR ONGOING COMMUNICATION

Please join the GR Track 2024 Remind ASAP by texting [@grtrack24](https://www.remind.com/join/@grtrack24) to the number 81010. Any changes, cancellations or updates will be communicated through Remind.

2024 MEET SCHEDULE (SUBJECT TO CHANGE)

Date	Opponent	Location	Time
2/22	Alta, Clark, Granite	Granite Ridge	3:30 pm
2/29	Clark, Granite, Reyburn	Clovis High	3:30 pm
3/7	Clark, Granite, Kastner	Clovis High	3:30 pm
3/14	Bronco Invitational	CN/GR	3:30 pm
3/21	Reyburn Classic Inv.	CE/Reyburn	2:45/field 3:30/track
4/11	Jr. West Coast Relays	BHS/Alta Sierra	3:00 pm
4/18	CIAL Championships	CN/GR	2:30/field 3:30/track

- ✓ *Come ready to run, in proper running shoes and attire.*
- ✓ *Sweatshirt and sweats (black, blue or gray) for the warm-up and cool-down are REQUIRED.*
- ✓ *For questions, email Coach Vitale at joannavitale@cusd.com.*

COACHING STAFF

Rich Brazil, Director of Track & Field, CN

*Joanna Vitale, Head Coach; Distance
JoannaVitale@cusd.com*