

# Los Alamos Track Team 2023

## Grades 5<sup>th</sup> – 8<sup>th</sup>

We will be off and running into our new track season, which begins soon. It will be full of fun and hard work. Our practices will be on Tuesday from 3:15 to 4:00pm and Thursdays from 2:15 to 3:00pm. Practice will be held at the Los Alamos campus. The season's goals are to teach your child correct running techniques, conditioning, proper jumping, and throwing mechanics. There is no cost to participate in the track program, with the exception of the entry fees to attend the meets (up to \$50). We will possibly attend two meets this year. The meets are as follows:

Sunday, April 28<sup>rd</sup> Lompoc High Kiwanas Track Meet 9:00am – 4:00pm

Sunday, May 4<sup>th</sup> Track & Field Meet San Marcos High 9:00am – 3:00pm

Remember to return permission slips on the first day of practice or sooner. Unfortunately, students without permission slips will not be allowed to practice. Also, in keeping with our REACH goals any student who receives a minor or major slip during the week will not be able to participate in that week's practice. Make sure your child is wearing the proper running attire, shoes and has water. Please pick up your child promptly at the end of all practices

If you have any questions, please contact.

Mrs. Levey [tlevey@orcutt-schools.net](mailto:tlevey@orcutt-schools.net)



## Track Meets

### **\*\*Lompoc Kiwanis Meet\*\***

Date: Sunday, April 28th Location: Lompoc HS Track Check in: 8:00am - 8:45am Meet Begins: 9:00am  
(will finish around 3pm)

Please ensure that your registration form is turned into Mrs. Levey by April 12th! (Registration \$20)

### **\*\*All County Track & Field Championships\*\***

Date: Saturday May 4th Location: SB City College Track Check in: 8:00am Cost: \$15  
(\$20 day of registration)

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La Mesa Directiva desea proveer un ambiente escolar seguro que permite a todos los alumnos la igualdad de acceso y oportunidades en los programas del distrito académicos, extracurriculares, y otros programas de educación, servicios y actividades. La Mesa Directiva prohíbe, en cualquier escuela o actividad escolar, la discriminación ilegal, incluyendo acoso discriminatorio, intimidación, y hostigamiento, dirigido a cualquier estudiante por parte de cualquiera, por motivos actual o percibida de raza, color, ascendencia, origen nacional, nacionalidad, etnicidad, identidad de grupo étnico, edad, religión, estado civil o de paternidad, incapacidad física o mental, sexo, orientación sexual, género, identidad de género, o expresión de género del estudiante o asociación con una persona o grupo con una o más de estas características reales o percibidas.