

# ***MOUNTAIN VIEW HIGH SCHOOL***

## ***TRACK & FIELD***

### ***2014 Tentative Schedule***

	MARCH TBD	CARDINAL/GOLD (INTRA SQUAD)	MVHS	3:00 PM
WED	MARCH 26	CC, TIMP, OREM	MVHS	3:30 PM
SAT	MARCH 29	*UVU INVITATIONAL	UVU	TBA
TH/FRI	APRIL 3/4	*ALPHA INVITATIONAL	TIMPANOGOS	TBA
SPRING BREAK		APRIL 7-12		
WED	APRIL 16	TIMP, OLYMPUS, MURRAY, MV	TIMPANOGOS	TBA
FRI/SAT	APRIL 19/20	*UTAH COUNTY INVITATIONAL	LEHI	TBA
SAT	APRIL 26	*TIGER TRIAL INVITATIONAL	OREM	9AM
TUE/WED	APRIL 30/MAY 1	ALPINE DAYS	MVHS	1:30PM/2:30PM
FRI/SAT	MAY 2/3	*B Y U INVITATIONAL	BYU	7:30AM
WED/THUR	MAY 7/8	REGION VIII	TIMPANOGOS	3:30PM
FRI/SAT	MAY 16/17	STATE CHAMPIONSHIPS	BYU	TBA

#### Coaching Assignments

Head Coach: Brett Andrus	Sprints and Hurdles: Bart Francis
Throws: Wylder Sam Fong	Jumps: Cory Sullivan and Sharon Codner
Distance: Devin Yakiwchuck, Clairra Wilson, & Tom Walsh	Officiating/Results: Sharon Codner

#### Eligibility

- Completion of school eligibility packet (green) is required
- Students must meet all UHSAA academic guidelines
- Record of athlete physical must be on file (good for 3 years)

#### Cost and Equipment

- The Track and Field participation fee is the same as all sports at the school: \$75
- Athletes simply need practice clothing and appropriate footwear for their events. Local stores (Runner's Corner and 26.2) will give athletes discounts if they mention they are on the high school team.

#### Practices (Tuesday, February 25 is first official day of practice)

A-days at 2:45 B-days at 1:00 (class) and after school as event coach dictates  
 Length: Practice session length is not standard as in many sports. Event coaches will put athletes through workouts based on need rather than simply seeking to fill a proscribed amount of time. Athletes should plan on practice being about 2 hours generally, though some days will be shorter and some slightly longer depending on the type of workout, time of the season, and needs of the athlete.

Team Blog: [mountainviewtrack.blogspot.com](http://mountainviewtrack.blogspot.com)