

Athlete Information Sheet:

Name: _____

Grade: _____

Non-School Email: _____

School Email: _____

Which one do you check every day? _____

What are you interested in doing in track? - Circle the ones you would like to do.

Sprints - 100 dash 200 dash

Mid-distance - 400 Dash 800 run

Distance - 1600 run 3200 run

Hurdles - 100/110 300

High Jump Long Jump Pole Vault

Discus Shot Put

List school activities and on which days:

Outside Activites/Clubs: _____

Allergies: _____

Medical Issues: _____