

Track & Field

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The middle school track and field season runs in the spring from the middle of April through the third week in May. Middle School Track and Field is open to all 7th and 8th grade students. Running events include hurdles, sprints and longer distance, which includes the 1600 meter. There are also 3 relay opportunities. Field events include long jump, high jump, shot put and discus.

Track and Field, on average, will practice 2 to 3 days per week from 3:30-5:00 and generally participate in a meet either at home or at one of our Brown County schools.

Middle School Track and Field introduces students to track and field events at the high school level. We also incorporate speed and agility skills, as well as, stretching and cardiovascular health.

All practice and game schedules can be found on [rSchool](#)