You must be completely registered by Tuesday, March 10th, by doing ALL the following:*  

1. **Submit a 2019/2020 LMS Athletic Clearance Form** to the front office. In most cases, this requires a physician’s signature. Please refer to the form, which can be found on the LMS website under the Athletics tab. If you participated in another LMS sport this year, you do not need to submit another form.

2. **Register and submit the $150 Athletic Fee.**  
   **The deadline to withdraw from the program and request a refund is April 1st.**

3. **Return or pay for any missing uniforms** from any previous sports.

* Late registrants will be placed on a wait list and added to the team if space allows.

All participants are expected to attend an orientation Monday, March 16th, 4:00 – 5:15. The first practice will be Tuesday, March 17th at 4:00.

**Practices and Meets**

- Starting Monday, March 16th practices will take place every Monday, Tuesday, Wednesday, and Friday, 4:00 – 5:30, unless there is a meet, half day, or no school. When we have a Thursday meet, we will not hold practice the following Friday.
- There will be one meet each week beginning the week of April 6th.
- The season concludes with the district meet on May 12th at Tualatin High School.
- Selected athletes will be invited by coaches to participate in the district meet. The selection criteria will be based upon competition results, as well as regular participation in practices throughout the season.
- One-way transportation will be provided to all meets. Parents are expected to transport athletes home. If you ride home with someone other than your parent, you must provide your coach with a note or email from your parent.
- By participating in the track program, you are expected to attend all practices and meets unless you are excused due to illness or an emergency. (If you are absent from school, you may **not** attend practice or a meet that day.)

The LMS Track & Field program is exceptional. This is your chance to be a part of your school team. Don’t miss the fun!!!!