



2024 KA Track and Field Quick Info



[Click here for full KA MS Track & Field
Website](#)

Welcome to the 2024 Track & Field Season!!!!

→ Parent Meeting Thursday, March 18th @ 4:00 in the KA Auditorium

*a recording will be posted after the meeting if you cannot attend

First 2 Weeks of Practice	
Monday, March 18th, 3:30-4:30 Tuesday, March 19th, 3:30-4:30 Wednesday, March 20th, 3:30-4:30	Monday, April 1st, No School Tuesday, April 2nd, 3:40-5:00 Wednesday, April 3rd, 3:40-4:45 Thursday, April 4th, 3:40-5:00 Friday, April 5th, 3:40-5:00

→ Wear layers each practice for both indoor and outdoor opportunities

→ Make sure all sports forms are in the school office on or before the first day of practice ([Click here for the link to all forms](#))

-**Sports Form** (including signatures relating to Permit and Liability, Code of Conduct, WIAA Eligibility, Athletic Alternate Year/New Physical and physician's signature)

-Completed **Concussion Agreement Form**

-Completed **Consent to Treat Form**

-Participation Fee(s) \$40

Athletes will only compete against the same grade and gender in the these events:

100-meter sprint	800 meters	long jump
200-meter sprint	1600 meters	high jump
400-meter sprint	4x100 meter relay	shot put
100-meter hurdles	4x200 meter relay	discus

*We are very open to student/athletes who are active with other commitments but we ask that parents communicate with absences so coaches are aware.

