

Apr 14, 2025

Dear Track & Field Families,

We're heading into another exciting week of the season and looking forward to seeing our athletes compete again! The team continues to show progress, and we're hopeful for **lots of new personal records** at this week's meet.



#### Meet Info – Thursday, April 17th:

- Our meet will be held at **Redmond High School** (not Ridgeview—this is a location change). 3:30 field events start followed by running events at 4:00.
- The bus will depart from EGMS at **2:30 PM**.
- **Transportation will be provided to the meet, but families must arrange transportation home** from Redmond High.
- Please make sure athletes bring plenty of water, snacks, and layers—they'll want to stay fueled and comfortable all afternoon.

Order of Running Events	
4x100 relay	(6G, 7G, 8G, 6B, 7B, 8B)
1500m	(6G, 7G, 8G, 6B, 7B, 8B)
100m	(6G, 7G, 8G, 6B, 7B, 8B)
400m	(6G, 7G, 8G, 6B, 7B, 8B)
100m hurdles 30"	(6G, 7G, 8G, 6B, 7B, 8B)
800m	(6G, 7G, 8G, 6B, 7B, 8B)
200m	(6G, 7G, 8G, 6B, 7B, 8B)
4x400m relay	(6G, 7G, 8G, 6B, 7B, 8B)
Field Events (Open Pits)	
Shot Put	
Discus	
Long Jump	
High Jump	
Javelin	
Pole Vault	



#### Weather Outlook for Redmond, OR this Week:

Expect partly sunny to sunny skies throughout the week with highs in the **low 60s** and cool breezes in the afternoon. Athletes should continue dressing in **layers** and bring warm gear for after their events.



#### Team Pictures – Friday, April 18th:

Team photos will be taken **this Friday**. Please remind athletes to **wear their team jerseys** to school and practice that day.



Here is a [link](#) to the updated schedule



Here is a [link](#) to our team photo circle. This a great way to share the photos you take at meets. This photo circle is private and is only available for our team members and team families to view. If you choose to comment, please make sure to keep it positive. Here is a QR code in case the link didn't work.



EGMS Track & Field 2025

Join my circle by scanning  
the QR Code above

We're excited to see how all the hard work pays off this week. Let's go for those PRs!

And for this week's inspiration:

*"Hard work beats talent when talent doesn't work hard."* – **Tim Notke**

Thanks for your continued support—we'll see you at the meet!

Best regards,  
Coaches Cox, Hooper, Brumbach, Meisen, & Gruetzmacher

EGMS Track & Field