



Mendenhall Middle School
Livermore Valley Athletic League



Mendenhall Track and Field

- Athletic clearance - must have paperwork in by Monday April 8th
 - Must be cleared to practice
- Equipment needed
 - Running shoes and workout attire
 - Water bottle
- Eligibility
 - 2.0 and a positive attitude
- Events
 - 100m, 200m, 400m, 800m, 1600m, 4x100m, 4x400m, long jump and high jump
- Practice at the Mendenhall track
 - Monday and Thursday 3:00-4:30
 - Wednesday 2:30-4:00
 - If canceled - student told over loudspeaker
 - Be physically able to compete (No Dr. note out of PE)
- Meets
 - 2 and a Meet of Champions
 - April 24th - East Ave. Middle School @ 3pm
 - May 8th - Livermore High School @ 3pm
 - May 22nd (meet of champions) - Livermore High School @ 4pm
 - Volunteers needed
 - Transportation - your responsibility to get your child to the meets
- Uniforms - provided, shorts and shirt
- Track and Field t-shirts - can order online
- Donations - suggested
 - Paid by check OR online via the school website (activities -> athletics -> sports donations)