

# Peterson Panthers Track & Field 2023

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CPS Sports <https://cpsathletics.com/>

Welcome to the 2023 Track & Field season! Practices will begin **Tuesday, March 21st** and continue until **Thursday, June 1st**. **Read this entire paper carefully, and keep it somewhere handy for reference!**

## WEEKLY SCHEDULE FOR MARCH (21st - 30th)

- Tuesdays: 3:55 - 5:00 @ Peterson School
- Thursdays: 3:55 - 5:00 @ Peterson School

## WEEKLY SCHEDULE FOR APRIL (11th - 27th)

- Tuesdays: 3:55 - 5:30 @ Peterson School
- Thursdays: 3:55 - 5:30 @ Peterson School

## WEEKLY SCHEDULE FOR MAY (2nd - 30th)

- Tuesdays 3:55 - 6:30 @ River Park
- Thursdays 3:55 - 6:30 @ River Park

In addition to this schedule, we encourage all runners to jog the track during recess, and try to run on the weekends. If you play other sports, you're covered!

**Parents: please pick up your kids on time!**

## Running Gear

1. T-shirt, shorts, and/or leggings, a jacket (it gets cold after 5:00 PM). Jeans are not allowed.
2. **Runners must have proper running shoes.** Converse or flats are not allowed. Shoes designed for other sports are not ideal. See Coach Mac if this is a problem.
3. Other things to bring: a water bottle... with water in it, sun screen, and an inhaler if you have one.
4. Bring your running gear to school! You are not supposed to go home after school and come back!

## Snacks:

1. Be sure to eat a good lunch!
2. Runners also need to bring a snack and eat it before practice. If we can provide snacks, we will.

## Practice Routines

1. We always meet in the cafeteria for attendance. Be there ready for practice by 3:55 PM.
3. Runners: be on time for practices! We cannot wait for stragglers when going to River Park!
2. Backpacks can be left inside the cafeteria door.
3. Parents should pick up their kids **at Peterson** all days. Please be on time!
4. If there are thunderstorms, May practices will be kept at Peterson and indoors.

## Practices at River Park:

1. **There are no bathrooms at River Park!!**
2. **Use washroom before we take attendance.**
3. **The team will walk or jog to River Park, then walk back to Peterson.**
4. **Parents pick up kids at Peterson, not River Park.**
5. **Under no circumstances can any student leave River Park practices by themselves.**

## Draft of Meet Dates:

Open Practice Meets	Sometime between April 24th - May 11th
Network Qualifying Meet	Sometime between May 11th - May 16th
Super Regional Meet	Either May 30th or May 31st
City Championships	June 3rd

Specific dates and locations will be sent out as soon as we get them. You can also check the following website for the latest: <https://cpsathletics.com/>

**While all meets should run approximately 3 hours, times will vary due to weather.**  
**Important: Unfortunately parents will need to provide transportation to the meets.**