

# Attention all STM 5<sup>th</sup> – 8<sup>th</sup> Grade Students: Join the STM Track & Field Team!!!!



Coaches:

Jason Hugenroth

[jason.stmrun@gmail.com](mailto:jason.stmrun@gmail.com)

Karen Saunders

[khs97@cox.net](mailto:khs97@cox.net)

Quez Jones

[quez08\\_22@yahoo.com](mailto:quez08_22@yahoo.com)

Paula Mertz

[mertzp@stmbr.org](mailto:mertzp@stmbr.org)



Starting February 7, practices will be held on Tuesdays and Thursdays from 5:30-6:30 at Broadmoor High.

Meets are on Saturdays during the months of March and April. Email Jason or Karen to sign-up.

## Track Events:

100 meters

200 meters

400 meters

800 meters

1600 meters

100 meter hurdles

4 x 100 meter relay

4 x 200 meter relay

## Field Events:

Long Jump

High Jump

Triple Jump

Shot Put

Discus