SHS 2023 Track Schedule
Class 3A – Region R3 – District D10

Practices
Monday, January 30 First practice
Practice days Monday – Thursday
Practice times 2:15–3:30pm
Friday practice Coaches choice

Regular Season
Monday, February 6 Fundraiser begins
Thursday, February 16 Lipham Relays @ Keswick Christian HS
Tuesday, February 21 Countryside dual/tri meet
Friday, February 24 Calvary Christian Invitational @ Calvary Christian HS
Thursday, March 2 Shorecrest Invitational @ Shorecrest
Thursday, March 9 Mustang Invitational @ Northside Christian @ 1:45 p.m.
Friday, March 24 Richard Allen Relays @ Pinellas Park HS @ 2:30 p.m.
Thursday, April 6 John Tasopolos Invitational @ St. Petersburg HS
Monday, April 10 Senior Night @ Seminole HS
Thursday, April 13 PCAC @ East Lake HS
Seminole middle meets Please note: 2/22 and 3/1 Seminole middle will be hosting meets at our school – we will need to have the track cleared by 3:30 pm

Post Season
Week of April 17 Districts @ TBA
Thursday, May 4 Regionals @ Charlotte HS
May 10–12 (TBD) States @ University of Florida
Team Chat:

Track & Field 2023

Uniforms:
Please use the below links to purchase your jersey top. If you have a jersey from last year - you may use that. For shorts, please get black shorts or purchase through team store.

<table>
<thead>
<tr>
<th>MUST PURCHASE BY WEDNESDAY 1/18</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Singlets:</strong> <a href="https://bsnteamsports.com/shop/GqaFVg8gQc">https://bsnteamsports.com/shop/GqaFVg8gQc</a></td>
</tr>
<tr>
<td><strong>Team store:</strong> <a href="https://bsnteamsports.com/shop/mESUCxMfyW">https://bsnteamsports.com/shop/mESUCxMfyW</a></td>
</tr>
</tbody>
</table>

What to Bring to Meet:

- Chair
- Blanket
- Change of clothes
- Warm clothes (for cooler nights - hat, gloves, dry socks)
- Water bottle
- Healthy snacks
- Concession money or food for dinner

Team Rules:

1. Be at practice on time. We start at 2:15 pm (M-Th), Friday’s are coaches choice.
2. Stay the entirety of the meet. We will arrive and leave as a group.
3. Be respectful. This is important for practices and meets. If you are removed from meet, you will have a suspension or possible removal from team.
4. Have fun. Don’t be afraid to try new things. Push yourself out of your comfort zone.