

LAKOTA EAST HIGH SCHOOL TRACK AND FIELD PROGRAM

2019 GMC Champions

2019 District Champions

2019 Regional Champions

2019 State Champions

HOME PRACTICE FACILITY – Lakota East High School stadium, track and turf field.

TEAMS – Varsity and Junior Varsity

TRAINING SESSIONS AND PRACTICE TIMES – Official start to the season will begin February 19th 2024.

Practices times will be Monday through Friday from 3:30-5:00 p.m.

STUDENT PRE-PARTICIPATION PHYSICAL FORMS

All physicals must be turned in to the Coach or Athletic Trainer.

NO PHYSICAL = NO PARTICIPATION! All other forms are made available through the Final Forms system.

PARENT/ STUDENT-ATHLETE MEETING

Meet the Team Night will be held on Wednesday, February 28th, 2024 at 6:30 p.m. at Lakota East High School in the gymnasium.

Doors will open at 5:30 p.m. in order to pay participation fees and purchase sports passes. It is **MANDATORY** that at least one parent and the student athlete be in attendance.

FOR ADDITIONAL INFORMATION you may contact head coach, Rodney Heath at easttrack22@gmail.com