

## **LAKOTA EAST HIGH SCHOOL TRACK AND FIELD**

2019 GMC Champions  
2019 District Champions  
2019 Regional Champions  
2019 State Champions

HOME PRACTICE FACILITY – Lakota East High School Stadium.

TEAMS – Varsity and Junior Varsity

TRAINING SESSIONS AND PRACTICE TIMES – Practice times will be Monday through Friday from 3:30-5:00 p.m.

The official start of the season will begin February 24th, 2025.

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, March 6th, 2025, at 6:00 p.m. at Lakota East High School.

Doors will open at 5:30 p.m. to pay participation fees and purchase sports passes. At least one parent and the student-athlete must be in attendance.

FOR ADDITIONAL INFORMATION you may contact head Coach, Rodney Heath at [easttrack22@gmail.com](mailto:easttrack22@gmail.com)