



FREEDOM

Landsharks Running Club

Spring Track Series

We offer a non-competitive youth program to introduce running to young athletes in a safe and fun environment. The focus is on self-improvement, being an encouraging teammate, and making new friends. The Spring Track Series is a fun running program and is open to students in kindergarten through 6th grade. Please remember to purchase a team race shirt if this is your first season running.

**FIRST PRACTICE: APRIL 11, 2023**

**PRACTICE DAYS: TUESDAY/FRIDAY**

**PRACTICE TIMES: 2:50-3:35PM**

**RACES:** Meets are tentatively scheduled at Sand Creek High School on the following Sunday afternoons at 3:00pm: April 23rd April 30th May 7th

Meet #1- All runners will run the 50m dash, followed by either the 400 or 800m

Meet #2- All runners will run the 100m dash, followed by either the 400 or 800m

Meet #3- All runners will run the 200m dash, followed by either the 400 or 1600m

**Registration opens February 1, 2023 and closes April 12, 2023**

Runners must be registered prior to their first practice

Please register online at [www.landsharksrunningclub.com](http://www.landsharksrunningclub.com)

(\$65 registration fee until April 5, 2023 when \$10 late fees apply)

I look forward to working with your athletes! Please consider volunteering to help coach or work at our race site. If you have any questions or would like to volunteer,

Coach Katie Kennedy

[Kathryn.kennedy@d11.org](mailto:Kathryn.kennedy@d11.org)