

Mountain View High School Track and field

2015 Tentative Schedule

Date	Meet	Location
Sat. 21 st March	UHSTCA INV.	TBA
Sat. 28 th March	UVU Inv.	Orem UT
Thurs/Fri 2 nd & 3 rd April	Alpha dog Inv.	Timanogus HS
Mon-Friday 6 th – 11 th April	SPRING BREAK	
Fri/Sat 17 th – 18 th April	Utah valley Inv.	American Fork HS
Fri/Sat. 24 th – 25 th April	Tiger Trials	OREM HS
Tue 28 th April	Timp Relays	Timpanogus HS
Wed – Sat. 6 th – 11 th May	Region	TBA
Fri/Sat. 15 th – 16 th May	State Championship	BYU, Provo UT

Coaching Staff

Head Coach/Distance: Mike Strauss

Sprints: Bart Francis

Throws: Sam Wylder

Jumps: Cory Sullivan

Practices (Monday, February 23 is first official day of practice)

A-days at 2:45 B-days at 1:00 (class) and after school as event coach dictates

Length: Practice session length is not standard as in many sports. Event coaches will put athletes through workouts based on need rather than simply seeking to fill a proscribed amount of time. Athletes should plan on practice being about 2 hours generally, though some days will be shorter and some slightly longer depending on the type of workout, time of the season, and needs of the athlete.