

## Summer Sports Season

Must choose to compete in one summer sport Track & Field or Cornhole.

### Track & Field:

- **Date:** Saturdays March 7 – June 6, 2026
- **Time:** 9am - 11am
- **Location:** North Middle School Gym - MF High School Track & Field
- **Coach:** Alisa Novak
- **Email:** [coachalisabc@gmail.com](mailto:coachalisabc@gmail.com)
- **Athlete Registration due by March 7, 2026**

**Track Events:** Includes sprints, walks, wheelchair events, and relays ranging from 25 meters to 4X400 meters.

**Field Events:** Features standing and running long jump, mini javelin, softball throw, and shot put.

Competition is limited to three events

All **track & field uniforms** will be distributed and returned at the end of the season.

### [TRACK & FIELD RULES](#)

Schedule Date	Time/Location of Practice or Tournament
Saturday, March 7, 2026	<b>NMS Gym</b>
Saturday, March 14, 2026	<b>NMS Gym</b>
Saturday, March 21, 2026	<b>NMS Gym</b>
Saturday, March 28, 2026	<b>NMS Gym</b>
Saturday, April 11, 2026	<b>HS Track</b>
Saturday, April 18, 2026	<b>HS Track - Time &amp; Measure Trials</b>
Saturday, April 25, 2026	<b>HS Track – Time &amp; Measure Trials</b>
Saturday, May 2, 2026	<b>HS Track</b>
Saturday, May 9, 2026	<b>HS Track - Uniform Pick up</b>
Saturday, May 16, 2026	<b>Regionals Track Meet – Muskego HS</b>
Saturday, May 23, 2026	<b>No practice</b>
Saturday, May 30, 2026	<b>HS Track</b>
June 4 - 6, 2026	<b>State Track Meet – UW Whitewater</b>