

Track and Field

La Mirada Academy

Events

Field Events- High Jump, Long Jump, Shot Put

Track Events- 100m, 200m, 400m, 800m, 1600m, hurdles, and 4x100m relay

Practice

3:00-4:00 please follow the calendar for specific dates

Meet on the track (Locker rooms will be open for you to change out, and bring everything out to the field)

Meets

Meets are on Wednesdays. Runners will take a bus at 2:30 from school to the meet. There will be a bus back to the school after the meet. Please let a coach know if a runner will not take the bus home.

Coaches

Jamie Cooper
jamie.cooper@smusd.org

Coach Andres
andres.ramos@smusd.org

Messages and Communication will be sent through Parent Square

Donations: Please donate \$20-40 (the money will go toward snacks, drinks, equipment, celebrations, coach gifts, etc.)

<https://checkout.square.site/merchant/9668VHXA9APCZ/checkout/P22RZIQMC3UCIJZWJ5QF4RQ7?>



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