



# Welcome!

Thanks for coming to the parent track meeting with,  
Coaches Matt Hedstrom and Heather Greninger



Matt Hedstrom - Boys Coach; coached for 8 years here in Bentonville; has a passion for coaching

Heather Greninger - Girls Coach; coached 11 years in Washington; 2nd year here; loves running and has a passion for coaching athletes to run with great form and to love it too

## Forms

Medical Consent Form

Permission to Participate

Permission to Travel

## Website

<http://www.gofulbrighttimberwolves.com/sport/track%20and%20field/coed/?tab=schedule>

## Remind



Girls remind: text to 81010  
@mrshgren

Boys remind: text to 81010  
@e4fd92



## Practice

- February: Monday, Tuesday, and Thursday 3:45-5:30
- Most will be at FJHS
  - pick up in back by buses
- Tuesday generally will be at West in February
  - When practice there, will need to pick athletes up at BWHS
- March: Monday meets, some Saturday practices at 9:30

# Meets and Traveling



- Every athlete will be in the first meet
- 3 athletes per event
- Each athlete can do up to 6 events
- Will base it on time
- May leave meet early IF checked out thru coaches
  - After all events
  - ONLY your child

# Food/Snack Sign up

- From lunch to home - 5 hours sometimes before first race
- Sign up in back
- Will send out an email with the names and a sign up genius for you guys to be in charge of

# Equipment

- Uniforms
- Running shoes
- Spikes only after determining races
- Layers



100m Dash: Cole Joyce 11:30

200m Dash: Cole Joyce 23:22

800m Run: Anthony Meinhardt 2:16.21

Pole Vault: Brock McRae 9-6

110 Hurdles: Logan Shepherd 17.26

300 Hurdles: Logan Shepherd 46.63

Discus: Roman Mason 123-03

Long Jump: Payton Allen 19-5

Triple Jump: Keegan Allen 39-1.5

4 x 100 Relay: 47.06

4 x 800 Relay: 9:31.66

**100 Meter Hurdles** 17.49 Lydia Pehlman

**100 Meter Dash** 13.28 Isabella Santone

**1,600 Meter Run** 5:27.83 Tori Willis

**200 Meter Dash** 28.39 Isabella

Engledow-Santone

**300 Meter Hurdles** 51.74 Avery Hughes

100 Meter Hurdles 18.43 Kennedy Jones

**400 Meter Dash** 1:03.08 Lydia Pehlman

**4x100 Meter Relay** 55.42 Relay Team

**4x400 Meter Relay** 4:33.9 Relay Team

**4x800 Meter Relay** 10:42.33 Relay Team

**800 Meter Run** 2:28.31 Tori Willis

**Discus** 86-2 Emma Luebker

Shot 26-4.5 Ana Mezaruz

**High Jump** 4'11 Sydney Billington

**Long Jump** 16-2 Avery Hughes

Triple Jump 29-9 Carlee Durham

**Pole Vault** 78 Gabby Collins