

2022 Mott Boy's and Girl's Track and Field Team

First Day of Practice	Monday March 14, Meet in the AUX Gym After School
Practice Schedule	Monday thru Friday, from After School until approximately 4:30p. Some days practice may run longer, depending on your event
Practice Clothing – Be Ready to workout outside	You will need - A GOOD Pair of running shoes, T-shirt, Short, Sox, Hoodie, and Sweat Paint. You may also like to have – Hat, Gloves, and Rain Gear.
Meet Wear	You will be provided with a uniform and meet sweat. You may also what to have spikes depending on your events.
Meet Schedule	Dual Meets last between 3 and 4 hours. Invites, Relays, and Championship meets will last several hours.
Field Events	Long Jump, High Jump, Discus, Shot Put, Pole Vault
Running Events	100m, 200m 400m, 800m, 1600m, 3200m, High Hurdles, and Low Hurdles.
Relays Events	4x100m, 4x200m, 4x400m, 4x800m. Relays Meets will have other relay events.
Coaches	Head Girls Coach Mark A. Urquhart, Head Boys Coach Matt Fecht, Assistant Coaches: Michele Urquhart, Karena Duffy, Sam Susalla

2022 Warren Mott Track Schedule

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Site</u>
Wed	April 6, 2022	4:00 PM	Royal Oak-Harper Woods Tri Meet	Mott HS
Thu	April 7, 2022	4:00 PM	Regina-Gabriel Richard Tri Meet	Mott HS
Thu	April 14, 2022	4:00 PM	Sterling Heights Dual Meet	Sterling Heights HS
Tue	April 19, 2022	4:00 PM	Cousino Dual Meet	Cousino HS
Sat	April 23, 2022	9:00 AM	Royal Oak Relays	Royal Oak HS
Tue	April 26, 2022	4:00 PM	Marine City Dual Meet	Mott HS
Sat	April 30, 2022	4:00 PM	Steve Johnson Relays	Mott HS
Tue	May 3, 2022	4:00 PM	L'Anse Creuse North Dual Meet	Mott HS
Sat	May 7, 2022	8:00 AM	Muskrat Classic	Algonac HS
Tue	May 10, 2022	4:00 PM	Port Huron Dual Meet	Port Huron HS
Fri	May 13, 2022	3:30 PM	Friday Night Lights	Algonac HS
Mon	May 16, 2022	4:00 PM	M.A.C. Blue Division Championship	Port Huron HS
Wed	May 18, 2022	4:00 PM	JV MAC/Macomb County Invite	Dakota HS
Sat	May 21, 2022	9:30 PM	M.H.S.A.A. Regional Championship	Renaissances HS
Thu	May 26, 2022	4:00 PM	Macomb County Championship	Mott HS
Sat	June 4, 2022	10:00 AM	M.H.S.A.A. State Championship	TBA

To join the Mott Boy's Track Team on Remind:

Text @mottbt to the number 81010

You will receive a welcome text from Remind.

If anyone has trouble with 81010, they can try texting @mottbt to (614) 629-8764.

To join the Mott Girl's Track Team on Remind:

Text @mottgt to the number 81010

You will receive a welcome text from Remind.

If anyone has trouble with 81010, they can try texting @mottgt to (614) 629-8764.