

Important Dates

First Day of Practice:

Feb 28th, 2022

Twilight in the Ham Invite:

March 25, 2022

Sub District:

May 11/13, 2022

District:

May 18/20, 2022

State:

May 26-28, 2022



Exciting Achievements in 2021 Current Athletes that joined the Squalicum All Time Records:

- **Boys:**
- **Andre Korbmacher** 3rd all time—100 meters 11.04, 1st all time—110m hurdles 4.22, 1st all time 300m hurdles 40.32
- **Josh Bates** 4th all time—200 meters 22.72, 1st all time—400 meters 50.10, 5th all time 100 meters 11.10
- **Chase Bartlett**—13th all time in 800 meters 2:05, 18th all time 1600 meters 4:42
- **Wesley Sluys** 17th all time in 800 meters 2:06
- **Owen Voigt** 13th all time in 3200 meters 10:07
- **Benjamin Latta** 20th all time in 1600 meters 4:43
- **Dirks Wright** 15th all time 300m hurdles 47.11
- **Kai Posey** 11th all time high jump 5'8
- **Jacob Sorenson** 11th all time high jump 5'8
- **Kaleb Hawkinson** 11th all time long jump 20'0, 12th all time triple jump 39' 0.75
- **4x100 relay**— 9th all time—Oswin, Bates, Hawkinson and Schlenbaker 44.23
- **Girls:**
- **Laura Halsell** 17th all time 800 meters 2:34, 18th all time 300m hurdles 56.61, 2nd all time 2k Steeplechase 7:52
- **Caroline Klein** 18th all time 800 meters 2:35
- **Grace Doud** 20th all time 800 meters 2:36

Track and Field

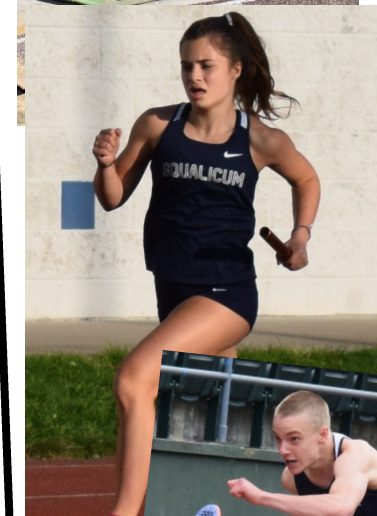
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web for results
www.athletic.net
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Head Coach Erin Hoopes
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Practice {February 28 - May 28} Mon-Fri 3:30-5:30
Saturday morning practices 9:00 a.m. and Invites

Squalicum T&F



Message from the coaches

Welcome to the 2022 Season

Our entire staff is excited to have Track and Field back this season. It's been two years since we've had a full season and we are ready!

Last season we witnessed so many impressive performances and are looking forward to recapturing that positive energy.

Communicating with your coaches is vital for a successful season. Make sure you communicate your needs, goals and any injuries. All absences need to be communicated with Coach Hoopes **PRIOR** to the absence and only specific absences are accepted.

Coach Hoopes—Head Coach/ Relays

4X100 meters, 4X200 meters (G) & 4X400 meters

Coach Doud—Distance

Coach Fredlund—Distance

400 meters, 800 meters, 1600 meters, 3200 meters

Coach Benson— Throws

Shot put, discus, javelin

Coach Morgan—Pole Vault

Coach Somit—Jumps

Long jump, triple jump, high jump

Sprints—Coach House

100 meters, 200 meters

Hurdles:

100 meters (G), 110 meters
300 meters

Order of Events

Field events starting at

4:00:

B&G Long Jump
Girls Discus
Boys Javelin (sometimes
open pit for B&G)
Boys Shot Put
Girls HJ



Field events to follow

B&G Triple Jump
Boys Discus
Girls Javelin
Girls Shot Put
Boys HJ

Running Events - ESTI- MATED start times:

- Girls 4x200 relay
- Boys 110h
- Girls 100h
- Boys 100m
- Girls 100m
- Boys 1600m
- Girls 1600m
- Boys 4x100 relay
- Girls 4x100 relay
- Boys 400m
- Girls 400m
- Boys 300h
- Girls 300h
- Boys 800m
- Girls 800m
- Boys 200m
- Girls 200m
- B&G 3200m
- Boys 4x400m
- Girls 4x400m

"What you are as a person
is far more important than
what you are as a Track

Many athletes choose to get a shoe that
is for their specific events, for this we
recommend Fairhaven Runners.


SQUALICUM
TRACK & FIELD

