



MACDONALD MIDDLE SCHOOL/ CITY OF EAST LANSING Track and Field



6th, 7th and 8th Grade Boys and Girls

Dates: **Open Practice:** No open practices this season.

Registration: Registration form available on the city website:

<https://www.cityofeastlansing.com/902/Sports-Youth>

Forms also available at Hannah Community Center front desk
or middle school office

Email registration with payment information to Lois at

lfogarasi@cityofeastlansing.com

or

Drop off at Hannah Community Center:

819 Abbot Road, East Lansing, MI 48823

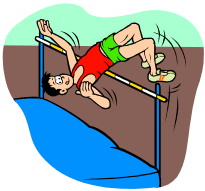
*****DEADLINE FOR PAYMENT: APRIL 2nd. Athletes cannot practice or participate without registration, payment and physical.**

Practice: Monday through Thursday (definitely outside)

Beginning April 12th: 5:00 to 6:30 at EL High School Track

Participation Fee: \$160.00 (Athletes may not travel to all meets)

*Families needing financial assistance: in order to determine available funds, application forms will only be accepted through April 2nd. Please email Tim Lane with questions and/or scholarship form.



*All participants must have a physical on file before they compete. Physical information must be on the MHSAA Medical History form.

*Academic eligibility: A student athlete must have no "E's" in any classes to be eligible and must maintain this academic standard throughout the season.

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Track/Field- 2021 Schedule

Day	Date	Opponent	Home	Away
Wednesday	5-May	Williamston		Yes
Wednesday	12-May	Okemos	Yes	
Wednesday	19-May	Haslett		Yes
Wednesday	26-May	St Johns	Yes	
Wednesday	2-June	Waverly	Yes	

*Home meets are at the East Lansing High School

**Subject to change

Athletic Sports Physical Options for Track During Covid

1.) Submit a current Athletic Physical to your coach. A physical is current if it is dated and signed by a doctor on or after April 15, 2020.

2.) For students who received a valid MHSAA sports physical during the 2019-2020 school year (dated on or after April 15, 2019), you can complete, sign and submit the MHSAA Sports Health Questionnaire to give to your coach.

Fillable pdf of MHSAA Health Questionnaire:

<https://www.mhsaa.com/portals/0/Documents/health%20safety/healthquestionnaire.pdf>

All athletes should plan to turn in a current physical or Health Questionnaire to their coach on the first day of practice.