

**Billings West High School
Track and Field**

Athlete "To Do List"

1. The season begins on Monday, March 9th at 3:25 in the **small gymnasium**. Have sweats (top and bottom). West Track & Field School store (<https://bwtrack20.itemorder.com/>)
2. **You need to have a sports physical and concussion form completed to participate in track and field. Please contact the activities office for more information. MHSA requirements.**
3. **Pay activity fees (\$30), participation fees (\$50) and track fee (\$100).** You only have to pay the activity fee once for the year, not per sport. The fees will be paid in the activities office. *If finances are a problem, contact Mr. Stanton in room #274 or email (stantonr@billingschools.org).*
4. Fundraising, equipment and meal obligation. We do not fund raise, but if you would like to acquire a sponsor for your track obligation, you may do so. The last day to acquire a sponsor **to be placed on our poster is Friday, March 27th**. You may still get a sponsor, but it will not be included on the 2020 poster. All fundraising must be completed by April 3rd.
5. Join us on Facebook! Billings West Track and Field. This will provide you with updates and information. During the season and year.
6. Please go to our website (<http://westhightrack.weebly.com/>) an updated calendar for the track season is on this web site. Please explore for more information.
7. You will need a great pair of tennis shoes. Do not use the ones from last year!
8. Black sweat tops and bottoms will be worn during practice and meets. . If you already have black sweats, you DO NOT need to purchase a new pair. We will also have a school store for you to purchase sweats.
9. Do not worry about the purchasing of event specific shoes; your position coach will help you with this decision.
10. **Parent Meeting on March 18th at 6:00 pm in the high school cafeteria.**
11. Senior photograph for our poster will be Friday, March 27th at 3:15 pm. You will need to wear your team t-shirt and jeans. If you do not show up or forget, you choose to not be on the poster.