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**FROM THE DESK OF THE ATHLETIC DIRECTOR ...**

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**3-5-26**

**Registration is CURRENTLY open ([greatermidland.org/msa](http://greatermidland.org/msa))!  
Last day to register for track and field is April 17th ...**

*First day of practice for spring track and field is 4/8/26...*

**Please review our scholarship program policies on the website.**

Parents/Guardians are able to print and return their child's physical and code of conduct forms prior to the start of fall practice/tryouts to the Northeast main office. Please make sure all items are filled out on BOTH pages of the physical form and the code of conduct along with all signatures. **Please no vaccination information needed.**

**WHAT YOU NEED TO BEGIN THE SEASON** (Needs to be completed before you start practice)

All athletes will need the following:

Physical (if they have one for another sport this year they are all set)

-[Link to physical form](#)

Fees paid

-<https://www.greatermidland.org/msa>

-Track is pay to play, and will cost 110\$ to participate.

-Students who qualify for reduced lunch will pay 47\$

-Students who qualify for free lunch will pay 27\$

(if you are paying free/reduced rates please contact the athletic director to override the fee before trying to pay. [mcgeeca@midlandps.org](mailto:mcgeeca@midlandps.org))

Northeast Code of Conduct Form (if not completed already for another sport)

-[Link to NE Code of Conduct Form](#)

Season SpiritWear Link (Optional): [Northeast Middle School Track & Field Spirit Wear 2026](#)

**Store closes on April 12th**

## **PRACTICE**

Official practice will begin Wednesday, April 8th.

-We will meet outside at the track for practice unless it's raining.

Practice will run from 3-4:30

-If your child is not doing any field events, hurdles or blocks, they can be picked up at 4:30.

Additional practice 4:30-5:00

-This will be time for high jump, long jump, shot put, hurdles, blocks and relays..

If your athlete is not going to be at a practice please email a coach to let us know.

### Things to bring to practice daily

- A full water bottle
- Sweatpants and sweatshirt (until the weather is consistently above 60)
- Running shoes (if you don't have running shoes you can get a discount at Runners if you mention your child is running for the Northeast track team)
- Good work ethic (we are expecting to have a large group this year so having a good attitude and work ethic will go a long way)

Also, it is very important to make sure your athlete is eating enough and eating healthy. Running is tough on the body as it is but even harder when you don't properly refuel before and after practice.

## **2026 TRACK & FIELD SCHEDULE (Tentative)**

| <b><u>DATE</u></b> | <b><u>OPPONENT</u></b>  | <b><u>LOCATION</u></b>   | <b><u>TIME</u></b>       |
|--------------------|-------------------------|--------------------------|--------------------------|
| April 23           | Saginaw Middle/Western  | Midland High             | 4:30 p.m.                |
| April 24           | Hawk Relays             | White Pine Middle School | 4:30 p.m.                |
| April 27           | White Pine/Thompson     | White Pine Middle School | 4:30 p.m.                |
| April 30           | Handy/Jefferson         | Midland High School      | 4:30 p.m.                |
| May 4              | SASA/Handy              | Handy Middle School      | 4:30 p.m.                |
| May 7              | 6th Grade Rising Stars  | HH Dow High School       | 4:30 p.m.                |
| May 11             | Handy/Northeast         | Mt. Pleasant High School | 4:30 p.m.                |
| May 14             | Western/Saginaw Middle  | Midland High School      | 4:30 p.m.                |
| May 18             | Bay City Western Invite | BC Western High School   | 4:30 p.m. (qualify only) |
| May 19             | Last Chance Meet        | Midland High School      | 4:30 p.m.                |
| May 29             | MS Regional Meet        | White Pine Middle School | 4:00 p.m. (qualify only) |
| June 4             | MegaStar                | Shepherd High School     | 2:00 p.m. (qualify only) |

Head Coaches Mike Elbers - [elbersmd@midlandps.org](mailto:elbersmd@midlandps.org) Angie Flack - [flackal@midlandps.org](mailto:flackal@midlandps.org)

**Order of Events**

4x800 Meter Relay  
55 Meter Hurdles  
100 Meter Dash  
4x200 Meter Relay  
1600 Meter Run  
4x100 Meter Relay  
400 Meter Dash  
800 Meter Run  
200 Meter Hurdles  
200 Meter Dash  
3200 Meter Run  
4x400 Meter Relay

All field events will begin at the start of the meet.

Boys running events and long jump will go first this year.

Girls will high jump and shot put first this year.