



# Red Rockets Track Club

April - June 2026

Parents Meeting: April 20, 5:30 pm @ Presentation room at BRHS

Su	Mon	Tues	Wed	Thurs	Fri	Sat
26	27 Practice 6PM	28	29 Practice 6PM	30	May 1	2
3	4 Practice 6PM	5 Practice 6PM	6	7	8	9 CLUB Meet Opener @ BRHS 9:00 AM
10	11 Practice 6PM	12 Practice 6PM	13	14	15	16
17	23 Meet @ Smithfield 5:30 PM	19 Practice 6PM	20	21	22	23 Meet @ Green Canyon 10:00am
24	25 Memorial Day (no Practice)	26 Practice 6PM	27	28	29	23 Meet @ Bear Lake 10:00am
31	June 1 Practice 6PM	2 Practice 6PM	3	4	5	6 "District" meet @ Ridgeline

- Meets are no cost but parent responsible for transportation of child. Show up 30 mins early for checkin.
- Parent help is needed for our home meets. Please be willing to lend a hand to ensure it goes quickly.
- As our season is very short, it is important to attend practice. Come ready to run and have fun!
- Be prepared for the weather, bring water, and team shirt on meet days.
- Events - 50M, 100M, 200M, 400M, 800M, 1600M, 4 x 100 Relay, 4 x 400 Relay, Standing Long Jump, Softball throw, Shotput, Long Jump. We will be introducing hurdles.

Questions contact Coach Putnam @ 801-719-8756

