



# Open Track Nights

**When:** Sunday June 3rd & 10th.

**Time:** 6-7:30 pm

**Where:** Genoa-Kingston High School Track

**Open to:** Middle and High School students

**Instructors:** H.S. Coaches– Davekos, Holterhous, & Schmidt

**Field Events Taught:** Pole Vault, High Jump, Long Jump, Triple Jump, Shot Put, Discus, and Hurdles.

**Objective:** Introduce athletes to field events and improve their technique.

**Footwear:** Running Shoes, Spikes optional

**Cost:** Free

