



2025
RRMS
Spring
Track

Middle School Sports

- **FCPS' 2nd season of Spring Track**
- **Open to all RRMS students, regardless of skill level. No tryouts.**
- **Athletic Coordinator: Ms. Speir (Room 224)**
- **Coaches: Mrs. Magwire (Room 328), Mrs. Kroes (310), Mr. Reed (Gym)**

Required Forms

To be eligible to begin practice on 4/2,
all three of these items must be submitted by 3 PM on 3/28 - no exceptions!
Students cannot practice until forms have been submitted.
Roster officially closes on 5/7.

1. Physical Packet

- a. If you submitted a packet in the fall, you do not need to resubmit.
- b. If you did not submit in the fall, you must submit this by 3/28. One of the pages requires a physical with a doctor, so do not delay in getting this figured out!

2. FCPS Track & Field Registration Form

3. RRMS Track and Field Interest Form

Practices

- **Mondays & Wednesdays during 1st session (2:30 - 3:30 pm), starting on Wednesday, 4/2.**
- **Coaches will lead students through conditioning to prepare students for the meets**
- **Students must attend 2 practices per week to compete**
 - **If you must miss a practice, you need to notify Ms. Speir ASAP (by email at KRSpeir@fcps.edu or in person). If you have an absence from practice, you will not be allowed to race that Saturday.**
 - **Safety is most important!**
- **Students must wear sneakers & comfortable clothes to practice - keep your sneakers in your locker. The main office cannot accept drop-offs.**
- **Students must actively participate in practices, be on time and ready to start by 2:30, and be in good standing (academic and behavior) to participate in meets.**

Meets

- **Meet times are TBD but plan for 6:30 am - 1:30 pm**
- **Will be held on the following Saturdays:**
 - **4/26 at Centreville HS**
 - **5/3 at Edison HS**
 - **5/10 at Fairfax HS**
 - **5/17 at Chantilly HS**
 - **5/31 Championship Meet at Robinson Secondary School**

Meets

- You must fill out the meet google form - will be sent each week - no later than the Monday prior to the meet - no late entries will be accepted as we need to finalize our meet roster and submit.
- Students must ride the bus from Rocky Run to the meet and back to Rocky Run. No exceptions.
- Parent drop-off and pick-up at Rocky Run
- School jersey and race bibs will be provided

Meet Details

- Students may choose 2 running events max or 2 running events + 1 field event.
- These will be long mornings!
- Pack snacks, plenty of water, and sunscreen.
- Students will need to stay occupied during their non-event times.

Events

- 100 Meter Dash (Sprint)
- 200 Meter Dash (Sprint)
- 400 Meter Dash (Sprint)
- 800 Meter Run (Distance)
- 1600 Meter Run (Distance)
- Shot Put

Volunteer Requirements

- These meets are not possible without volunteers - this is standard for this sport and will continue as so when your student enters high school.
- Volunteer Requirements - coming soon!
- Volunteer Sign-Up
- Requested donations -
 - Snack items - can be dropped off in the main office
 - Games/cards (things that can be easily transported that students can use during their down time)

