

Team Information

[Season Calendar \(schedule for practices, meets, etc...\)](#)

[Team Member Expectations](#)

[Reminders to complete before the start of the season](#)

[Team Rules and Regulations](#)

[Banquet Information](#)[Varsity Letter Standards](#)

[Order of Events For Meets](#)[Big 8 Conference - Constitution](#)[Big 8 Conference - Track and Field Regulations](#)[WIAA Track and Field - Clerk of Course and Field Event Reference Guidelines](#)