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April 10, 2013

Journalism, Period 5

Sports

Bolting at MBMS

Running in Circles

Track and Field

 Since March 18, the MBMS Track and Field team has been underway, practicing Mondays and Fridays after school in order to represent MBMS at multiple meets across the South Bay.

 Track and Field is a no-cut sport team run by Coach Dan O’Farrell. The team meets on the basketball courts every Monday and Friday at 3:15 after school. The basis of program is an introduction to track and field events that one would do later in high school, but is also offered to compete competitively.

 Due to the fact MBMS has no track, most track events are done on the field with field events. Some track events practiced include the 100 meter, 200 meter, 400 meter, 800 meter, 1600 meter, and 110 meter hurdle. Some field events include shot-put, high jump, long jump, and triple jump. The 100, 200, 400, and 1600 are featured along with the shot-put, high jump, and obstacle course in the intrasquad heptathlon, completed individually throughout each practice.

 MBMS previously participated in only two required meets a year, one at Chadwick and a regional meet at Peninsula High School.

 “After we competed in the optional FILA meet at Serra High School last year, FILA decided to host more meets this year that we are currently signed up for. We will participate in over six track meets this year, more than we have since the beginning of the Track and Field team,” claimed Coach O’Farrell. The team is still accepting late admissions and will represent MBMS at six different schools.