

HIGHLANDER TRACK AND FIELD

2023 SEASON

Presented by Three Rivers Bank. Hosted by FHS & GHS track & field programs. Free to all participants, est. 1975

REGISTRATION

- *Highlander is an entry level track & field program for children ages 6-12
- **Must be 6 years old on April 13 to participate
- ***Please include any special requests with your registration no later than April 6

Sign up and collect your athlete's Highlander t-shirt any time during normal business hours:
Monday through Thursday 9:00 a.m. – 4:00 p.m.
Friday 9:00 a.m. – 5:00 p.m.

Three Rivers Bank of Montana
233 East Idaho Street
or
552 North Meridian Road

If you have any questions, call 755-4271 or email HighlanderTrack&XC@3RiversBank.com

PARTICIPANT(S)

Name: _____

Age: _____ Male Female

Name: _____

Age: _____ Male Female

Name: _____

Age: _____ Male Female

School(s): _____

Where will your athletes attend practice?

Legends Stadium Glacier High School

Parent/Guardian's Name:

Address: _____

Email address: _____

Phone: _____

DISCLAIMER

I understand that the activities carry no medical coverage for participants and hereby waive any and all liability on the part of the participating instructors and Three Rivers Bank of Montana for any damages or injuries incurred due to participation.

Parent or Guardian's Signature

VOLUNTEERS WANTED

Please consider assisting with Highlander Track. Indicate the event and meets you are available.

The Jack King Track Meet: Thursday, April 27

The Lew Savik Track Meet: Tuesday, May 9

Event Preference:

- High Jump
- Long Jump
- Javelin
- Shot Put
- Races – starting line organizer
- Races – finish line timer
- Hurdles – set up and remove
- Helper – wherever needed



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PRACTICE & MEET SCHEDULE

All practices 5:30 p.m. – 6:30 p.m.
Track Meets begin at 5:30 p.m.



Sign up for important reminders and rain cancellation notices from the Highlander Program

Pick a way to receive messages for Highlander Track.

- Download the Remind app to get push notifications and access schedules and other documents. Use one of the following links:
 - Practicing at **Legends**: rmd.at/htflegends
 - Practicing at **GHS**: rmd.at/htfglacier
- Get text messages from Remind without needing to download the app
 - Practicing at **Legends**: Text the message @htflegends to the number 81010
 - Practicing at **GHS**: Text the message @htfglacier to the number 81010

More information and periodic updates can be found on our website:

<https://www.threeriversbankmontana.com/about-us/highlander-track-cross-country.html>



April						
Sun	Mon	Tue	Wed	Thurs	Fri	Sat
9	10	11	12	13 First Practice! 5:30pm GHS/FHS	14	15
16	17 Practice 5:30 PM GHS/FHS	18	19	20 Practice 5:30 PM GHS/FHS	21	22
23	24 Practice 5:30 PM GHS/FHS	25	26	27 Track Meet at Legends 5:30	28	29

May						
Sun	Mon	Tue	Wed	Thurs	Fri	Sat
30	1 Practice 5:30 PM GHS/FHS	2	3	4 Practice 5:30 PM GHS/FHS	5	6
7	8 Practice 5:30 PM GHS/FHS	9 Track Meet at Legends 5:30	10	11	12	13
14	15	16	17	18	19	20