



First in Fitness

When does it start? November 3

What Time? 1:16-2:55

What Events? 100m relay, 400m, 800m, mile run, shuttle run, triathlon, long jump, pullups

Where do we meet? Football Stadium

How do we sign up? Google Form [LINK](#)

More Info? [LINK](#)

Questions? Contact Coach Miller
(amiller6@wcpss.net)