**Sidwell Friends School Varsity Indoor Track**

**Last Track to Philly**

**Saturday, January 26, 2019**

**Hanley Field House, Georgetown Prep**

**Saturday, January 26, 2019**

6:15am Meet at Sidwell Friends School Garage.

6:30am Depart Sidwell Friends School in Vans.

7:00am Arrive at Georgetown Prep.

8:00am Last Track to Philly (Rolling Schedule)

DMR **(Pederson, Campbell, Clyburn, Gossaye)**

4x200m B **(McGuire, McGuire, Phillips, Edmonds)**

4x200m A **(Pierre-Dawkins, Maltby, Hurley, Heard) (Ward, Williams, Nolde, Craig)**

Shuttle Hurdle Relay

Mile B **(Lachman, Leonard)**

Mile A

Sprint Medley Relay **(Pierre-Dawkins, Hurley, Heard, Maltby) (Lachman, Borja, Craig, Leonard)**

4x400m **(Pierre- Dawkins, Hurley, Heard, Maltby) (Ward, Williams, Nolde, Borja)**

3200m Run

4x800m

Field Shotput- Biden?

3:30pm Depart Georgetown Prep (Guesstimate)

4:00pm Arrive at Sidwell Friends School.

***“Everything you’ve ever wanted is on the other side of fear.”***

* ***George Addair***