



OUR LADY OF SORROWS

2024 Track & Field

GIRLS

2022 CYO Champions
2023 CYO Runners Up



BOYS

2023 CYO Runners Up

We focus on fundamentals, setting goals, pushing to achieve those goals, and HAVING FUN!
WE SUCCEED AS A TEAM BY BUILDING EACH OTHER UP INDIVIDUALLY.



WHO: 4 – 8 Grade Boys and Girls

WHEN: March 18 – May 30

PRACTICES: Monday – Thursday 5:15 – 6:45

WHERE: The Hawk (29995 W 12 Mile Rd, Farmington Hills)

EVENTS: 100m, 200m, 400m, 800m, 1600m, high-jump, long-jump, shotput
4 x 100m, 4 x 200m, 4 x 400m, 4 x 800m relays

COACHING HELP NEEDED:

sprinting, high-jump, shotput

REGISTRATION →



QUESTIONS? Contact Adam Specht (head coach)
Adam_Specht@sbcglobal.net
(815) 953-5163

<https://ladyofsorrows-mi.finalforms.com/>