



Spring Track 2026 Information

- Schedules, Rules, Contact Info, Maps, Etc.
 - www.quickscores.com/shawneeymca
- Equipment Needed
 - The YMCA track shirt
 - Athletic Shoes (No Spikes)
 - Shorts or Athletic Pants
 - Water Bottle
 - No sunglasses, jewelry, or hats on the track.
- You will hear from a coach regarding practice no later than March 27th.
- Practices will begin week of March 30th
 - Tuesday @ 5:30pm and Wednesday @ 5:30pm
 - Your child can attend both, but only one is required.
 - Location will be the Shawnee High School Track. You will be notified if location changes.
- Meet Dates: all meets will begin around 1:30pm-1:45pm on Sundays of the following dates. Exact locations are TBA.
 - Meet 1 – Sunday April 12 (South OKC)
 - Meet 2 – Sunday April 19 (MWC)
 - Meet 3 – Sunday April 21 (Norman)
 - Meet 4 – Sunday May 3 (Edmond)
- Parent/coach meeting is scheduled for March 26th at 6pm in our CDC room of the YMCA.
- For specific meet addresses, please visit the locations tab on QuickScores. It will be updated once schedule is released.
- All runners will receive an end of season trophy. Coaches will pass these out after the final meet.