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Wells Parks & Recreation Track & Field

Track & Field will be held on Fridays from 3:30 - 5:00pm at the Wells Rec. Park on 9A. Participants can be dropped off at the Rec. Park near the first base dugout on the Rec. softball field. Bus transportation is available, there is a bus that stops at the Rec, please contact the bus company to see if they have space for you. Participants can be picked up at 5:00pm near the first base dugouts.

Please dress accordingly, if it is cold outside then dress warm, easier to take off layers than need extra layers and be cold. You can bring a change of clothing and change before practice. Water may not be available out on the fields, bring a water bottle with your name on it. If it is raining and track is cancelled for that day an announcement at school will be made, an email will be sent from our registration program, and a post will be put on Facebook.

There are many events going on at once, such as throwing, jumping, and running. Participants are asked to give everything a try at least once, you may like it. During track meets you must participate in at least 3 events; you can choose to do all 12 if you desire. If you are not involved in an event at the time, please make sure you are not in the way. For your safety, please pay attention, listen to the instructors, and always stay with the group.

We have 2 meets this season; attendance is optional, but we encourage you to attend. We will compete against Hollis, Old Orchard Beach, Buxton and possibly other Rec teams. Participants can compete in up to 12 events against similar grade and gender competitors from each town. 2024 Track meet are: Friday, May 10 @ Hollis, and Friday, May 31 @ OOB. Additional meets run by MRPA will be held over the summer. More information on these meets TBA.

Volunteer help is needed during regular track practices as well as track meets. Extra coaches make for more practice opportunities and a quicker meet! Helpers don't necessarily need to know how to do the skill, just help with supervision and taking some measurements. If you have any questions or would be interested in helping out at either regular practices or at a Track meet, please contact Wells Rec. at 646-5826.

Thank you,
Marilyn Wallace
Natalie Gould
Wells Parks & Recreation