



# RAVE 2024 TRACK AND FIELD SEASON INFORMATION

## Registration night

The RAVE Registration Night is Thursday, February 15, 6 – 8 pm, at the Rosemount Community Center. All parents and caregivers are strongly encouraged to register their athlete in person in order to ensure your space on the team and get important information about the season and The RAVE. The registration fee is \$35 (check payable to The RAVE) and registration forms will be available to fill out at the event. If you aren't able to attend the RAVE Registration Night, the registration forms will be posted on the RAVE website after registration night.

**Athletes must be registered, paid, and have a current Special Olympics Medical Form on file to participate at the first practice.**

## Medical form

It is the responsibility of the athlete's parent or caregiver to check and see if the athlete's paperwork is current. Athlete medical expiration dates and new forms are on the RAVE website at [theravesp.org/form-central/](http://theravesp.org/form-central/). Athletes with expired paperwork cannot participate at practices or competitions.

Contact Lisa Wilson ([ravemedform@gmail.com](mailto:ravemedform@gmail.com)) for help checking the status of the athlete's medical form or with any questions about the form.

## Practice Information

Practices are on Monday and Thursday evenings, 6:00 – 7:30 pm. The first practice is April 15, 2024. Field to be determined.

## Competition

**Regional Meet:** May 18, 2024, Eastview High School, Apple Valley

**State Games:** June 21-22, 2024, Stillwater High School

**Important:** To compete at the State Competition, athletes must compete at the Regional Competition.

## Communication

It is important that parents and caregivers complete the RAVE Contact Form—either the paper form on Registration Night or [online](#). Information about competitions, changes in practice times, and general announcements will be communicated by email only.

## Questions

For questions and guidance, contact the head coach, Dan Zeller, [ravetrackandfield@gmail.com](mailto:ravetrackandfield@gmail.com), 612-400-4356