

# 2010-2011 North Stokes Indoor Track Schedule

North Stokes High School will host Polar Bear Meets during the week. We have a newly resurfaced rubberized track with a finish lynx photo finish timing system. We are also in the process of putting in a second pole vault pit and run way. Our meets will be held on Thursdays. We can start meets as early as 4:00 pm or as late as 4:30 pm whatever is convenient for whoever comes. If you are interested in coming please let me know. I have attached a schedule for you.

Rodney King  
North Stokes High School  
History Department  
Head Women's Track and Field Coach  
Head XC Coach  
Midwest 1A / State 1A Meet Director  
NCTCCAA Board of Directors Region 5

<b>Date</b>	<b>Teams</b>	<b>Site</b>
Dec 2 (Thurs)	North Stokes Polar Bear Meet 1	North Stokes
9 (Thurs)	North Stokes Polar Bear Meet 2	North Stokes
16 (Thurs)	North Stokes Polar Bear Meet 3	North Stokes
Jan 6 (Thurs)	North Stokes Polar Bear Meet 4	North Stokes
<b><i>10-14</i></b>	<i>Exam week no meets, but <u>we will practice</u></i>	
20 (Thurs)	North Stokes Polar Bear Meet 5	North Stokes
27 (Thurs)	Unofficial Northwest 1A/2A Meet	North Stokes
Feb 12 (Sat)	Indoor State Meet	TBA **