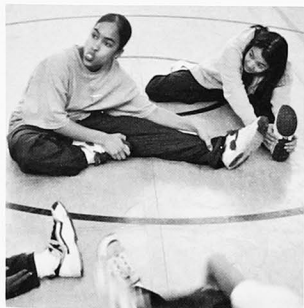
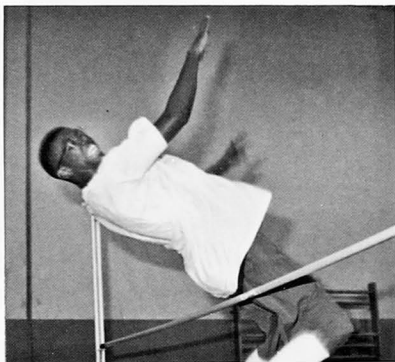


Jessica Talbot displays the awesome form that has made her one of the top hurdlers in DoDDS Europe.



Christina Hernandez and Madonna Ramos show the wisdom of stretching before beginning practice.



"Tuck it, James!" Freshman James McLean practices the high jumpers' motto: The rear must clear!



The pretty lady isn't posing with a power puff. That's a shot put Bridgett Long totes so easily.

Running, jumping and throwing are just a few of the events involved in track and field. Track also involves sprinting and sweating. Hard work and dedication are necessary for this sport. Athletes start the season by lifting weights and gradually building up their cardiovascular systems. Let's hope that all this conditioning pays off with few injuries and great times.

This year's track team is up against some of the best schools in Europe. However, BHS's track team has the potential to place high in Regionals and also in Europeans. Let's hope that the results this season are worth all the blood, sweat and tears. Good luck, Barons!

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