

All-Greater Rochester indoor track and field teams 2022-2023

February 20, 2023

Hello varsity indoor track and field head coaches!

The *Democrat and Chronicle* Media Group is pleased to announce that we will again be presenting the All-Greater Rochester high school all-star indoor track and field teams for the winter season, as we have done for the last 16 years.

It's coming soon, since the post-season is here already. We expect to post the team on-line at www.DemocratandChronicle.com and in print publication in March.

The teams consist of 20 boys and 20 girls, with one designated as athlete of the year, from throughout Section V and our circulation area. We also select a boys and girls coach of the year.

If you know of one or more athletes who you feel is worthy of consideration for FIRST TEAM, please make your case for him/her and reply by e-mail to agr@democratandchronicle.com, jamesj@democratandchronicle.com and jcastor@jimcastor.com no later than 8 a.m. on Monday, March 6, two days after states at Ocean Breeze.

It would be especially helpful if you could list, 1 through 20, those athletes you would select if you were picking the team. Remember to consider athletes from all classes.

This is our only request for your input. It's your official "ballot," as it were. We will assume that if we don't hear from you, there is no one who you feel should be considered, from any team in your league or elsewhere. Your responses go a long way toward sustaining the interest in AGR, and its future.

Our staff will review your e-mails and meet results, then contact some coaches and coordinators for further advice before making final selections. We will notify those selected by texting their coach to tell them first, then we will wait a day or so to follow up with the athletes individually by text, phone and e-mail.

Thank you in advance for your help. It is essential for this to be successful!

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