

All-Greater Rochester indoor track and field teams 2023-2024

February 18, 2024

Hello all indoor track and field varsity 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 past fall and spring sports seasons.

It's coming soon, since the post-season is well along. We plan to post the team on-line at www.DemocratandChronicle.com Tuesday, April 16 and in print publication either Sunday, April 21 or Sunday, April 28.

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 March 4, the Monday 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 are essential for 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 contacting their coach to tell them, then we will notify the athletes individually by text, e-mail or phone.

Thank you in advance for your help. We appreciate it!

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