

## Track

### Things Parents need to know

- Track season starts at the end of February and ends in mid April.
- Students will walk over to the stadium after school and start getting ready for the meet. As soon as they are done with all their events they are free to leave.
- Field events start at 4:15 and Running events start at 4:30
- The meet order will always be 7<sup>th</sup> grade girls, 8<sup>th</sup> grade girls, 7<sup>th</sup> grade boys, 8<sup>th</sup> grade boys
  - Most events will run off at least 6 heats.
- All meets are held Kimborough Stadium.
  - Cost to get in is \$4 per adult and \$2 per student.
- If your student attends practices and does their best during practices their time will improve.
- During the season we will compete in the following events: 1600, 800, 400, 200, 100 4X1, 4X2, 4X4 100/110 Hurdles, 300 Hurdles, Shot, Discus, Triple Jump, Long Jump, and High Jump.
  - Each track meet will have different events in it.
- Track practice for the boys is before school and during the athletic period. The girls will practice during their athletic period and after school.
- We can only enter 3 athletes in per event.
  - Athletes will be chosen by work ethic, performance times, and behavior in the class room.
- A student can only compete in a maximum of 5 events.
  - No more than 3 running events.
- Students not in athletics will need to work out before or after school.
- Students are encouraged to try-out for as many events as possible.
- The only days we will not practice during the season are state testing days, weekends, days of the meet, and the day after the meet, and days that a track meet is being held for the high school at Kimborough.
- The last meet of the season is the city meet
  - Top 3 runners will receive medals at the city meet
  - The team with most points will win the meet
    - 1<sup>st</sup> place- 10 points, 2<sup>nd</sup> place-8 points, 3<sup>rd</sup> place 6 points, 4<sup>th</sup> place-4 points, 5<sup>th</sup> place, 2 points, and 6<sup>th</sup> place-1point.
    - Relays are worth double points.