

2021 – Track & Field Athlete Meeting

- **When does the season start?**
 - Monday March 15
- **How do I make sure I am signed up and registered to participate?**
 - You need to make sure to sign up through Home Campus, regardless if you have done it before. Physicals are good for 365 days and will carry you through the season if you got it in May. Go back and sign up for Track and Field.
- **How long are the practices?**
 - Practice times vary with nothing later than 4:30, Monday through Friday. Some days are shorter than others. The athletes meet **at 2:00pm** for attendance. If you are not in your spot 15 minutes after the bell, it is a marked absence.
- **What do I wear to practice each day and to meets?**
 - You have to be in **Eagle Track & Field gear**, doesn't matter what year it is from. If you have gear from previous years, that is fine. If not, you will purchase it on our online shop which is on our website. You can also wear any track gear purchased at the bookstore.
- **How about footwear?**
 - [See Handout – Spike Night Dates Coming Soon](#)
- **What if it is raining?**
 - It is an all-weather track; we practice rain or shine. Please dress accordingly. With rain in the forecast, have a second set of clothes to change into after practice is over.
- **What do I wear in competition?**
 - Each male athlete is issued a jersey and it will be returned at the end of the year. Throwers can compete in practice shorts, everyone else needs competition shorts (spandex or split short). Boys meet jerseys are returned, you keep the shorts you purchase. Girls will purchase their meet jersey top and bottoms from the online store. Varsity boys and girls will be issued an additional top and it will be returned.
- **Does everyone compete in all the meets?**
 - Every athlete is allowed four events (space permitting for lane events) in all home dual meets. To travel you must hit a standard. New for girls, you sign up for your events on Monday and Tuesday. If you do not sign up by the end of Tuesday, you will not compete/travel/dismissed early.
- **Travel:**
 - We have one away meet against Mater Dei on May 6. Two busses will go, one will return. You are encouraged to pick up your son or daughter and leave after their final event. Please check out with me first.
- **What level will I compete at?**
 - Levels can vary from meet to meet.
- **How will I be given information?**
 - Teamsnap, Twitter & Facebook (@SMCHSTrack), and teamsnap.
- **Do you practice over Easter break?**

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- Yes, it is the week of our first home track meet.
- **What happens if I miss a practice?**
 - Absences happen and things arise. If you miss a Monday during the season, you will not race that week. Mondays are the hard work days and you need to be at those. You are allowed 11 absences to use at your discretion (be smart with Mondays). On the 12th absence, you will be asked to leave the team and forfeit your PE credit. Please plan appointments accordingly.

Competition Shoes

Do not purchase any shoe with permanent spikes. Only purchase shoes with removable spikes

- **Sprint Spikes** – 100m-400m; 110 & 300 Hurdles; Long Jump, Triple Jump, High Jump, Pole Vault
- **Mid Distance Spikes** – 200m-3200m
- **Distance Spikes** – 800m-3200
- **Shot Put & Discus** – Thrower Specific shoe (smooth bottom)
- **Field Event** – All field events have their own specific spike, but not necessary unless you specialize in that (High Jump, Throws)

Practice and Meet Gear

- Official 2021 Boys & Girls Eagle Track & Field Gear available now until March 8 for the first ordering window.

BOYS: <https://www.bsnteamssports.com/shop/BTrack21>

GIRLS: <https://www.bsnteamssports.com/shop/GTRACK21>

Eagle Track & Field Core Values

Effort | Integrity | Accountability

- **Effort** - a vigorous or determined attempt
- **Integrity** – Quality of Being Honest; with yourself and the team
- **Accountability** – Act of being responsible; to yourself, your teammates, and the program