

2022 Soaring Heights Track & Field

Head coach: Kevin Custis (custis_kevin@svvsd.org)

Assistant coaches: Anna Mills, Jacob Cramer, Chelsea McBride, Josh Hoffmaster, Elwyn Davidson, Anthony Pope and Taylor Gasser

SEASON DATES March 13th-April 27th, 2023

*Please register for track & field through the Soaring Heights Track & Field website if you have not done so already!

Welcome to the 2023 Soaring Heights Track and Field. We are looking forward to a great season. This letter will outline the important details for parents and athletes concerning all things track and field. My email address is at the top of this letter. Do not hesitate to reach out with any questions or concerns.

Track and Field opportunities are available to Middle School students grades 6-8.

There will be a short two week window for 5th graders who may be interested in participating to come and learn more about the track and field program and try out some of the events. ***This window of opportunity will be from April 3rd, to April 14th***

A. PRACTICE INFORMATION

We will have practices Monday – Thursday from 3:45 pm – 5:00 pm - we will meet for practice in the big gym. Practice starts Monday, March 13th.

Practice/Meet gear: Athletes need to be prepared to work out every day at practice! They need to have good quality running shoes and appropriate running attire (shorts/sweats/running tights, exercise appropriate shirt, girls need to wear a sports bra). Layers are a good idea as the weather can quickly change - the weather is often much different in the afternoon than the morning when you get dressed.

B. MEET INFORMATION

For meets, athletes must sign up for a combination of both running and field events.

Meet sign up forms will be shared with athletes in the week prior to the meet so that information can be communicated between participating schools in a timely manner.

TRACK MEET DATES - 2023 Season

DATES/TIME	HOST SCHOOL/LOCATION	OPPONENTS	PARTICIPANTS
Monday, April 3rd	TBD	TBD	All grades
Monday, April 10th	TBD	TBD	All grades
Monday, April 17th	Soaring Heights @ Erie High School	TBD	All grades
Friday, April 21st	6th Grade All District	All district schools	6th Grade athletes only.

	Meet -Lyons Senior Middle @ Lyons Senior/Middle		(Last day for 6th graders)
Monday, April 24th	TBD	TBD	All grades
Thursday, April 27th	District 7th/8th Grade Meet @ Longmont High School	All district schools	7th and 8th Graders

*****We will need parents to volunteer to bring water, gatorade, chocolate milk, and healthy snacks to track meets! Please reach out if you are willing to help with this*****

Each track meet will end at a different time. There is no real way to predict exactly when the meet will be over. However, we will have a sign out form for parents to sign should they need to pick up their child before our bus returns to school. Parents will need to make visual contact with the designated coach and sign the form before taking their child, please.

C. UNIFORMS

We will be requiring athletes to purchase a tee shirt to use as a uniform for this season. When registering for track please indicate your athlete's shirt size. Shirts will cost \$12 and must be worn at our season track meets along with the other appropriate gear listed above. If you need to contact me concerning tee shirt pricing, please do not hesitate to get in touch using the email listed at the top of this letter.

D. COMMUNICATION PLAN

We will practice every M-Th regardless of the weather through the end of the season. If it is raining or snowing and after school events have not been canceled we will practice inside. If after school events have been canceled by St. Vrain Schools then there will be no practice.

I will be using the Schoology platform to communicate meet times and other pertinent information with our athletes. Kids will be allowed to use their cell phones on track meet days to communicate with parents return times to our school.

District Middle School Track & Field General Rules

1. All participants will purchase a track tee shirt to use as a uniform. If you do not care to purchase a tee shirt, athletes must wear a blue tee shirt during track meets.
2. *A participant is limited to four events at any track meet. A participant cannot participate in more than three running or three field events at any meet. A 7th or 8th grader may enter both the 800 and 1600.*
3. Athletes may only use needle spikes **to 1/8 inch** at meets, including at the district meet.
4. High jump will alternate at each of the 4 regular season meets: 2 meets for the girls, 2 meets for the boys.
 - At district meets, high jump will be available for everyone.

Meet Order of Events

Running Events:

- 4X400 m relay (girls/boys – may run together)
- 100 m hurdles (girls & 6th gr. boys – 30"; 7th & 8th gr. boys – 36")
- 100 m dash (girls/boys)

- 4 X 200 m relay (girls/boys)
- 1600 m run (girls/boys – may run together if #s allow)
- 400 m run (girls/boys)
- 200 m low hurdles (girls – 30", boys – 30")
- 200 m dash (girls/boys)
- 800 m run (girls/boys – may run together if #s allow)
- 4X100 m relay (girls/boys)

Field Events: (run at the same time as running events)

- Discus - 1K
- Shot Put - girls (6 lb), boys (4K)
- Long Jump (no run throughs)
- High Jump (girls start at 3'4", boys start at 3'8") *girls weeks 1 & 3; boys weeks 2 & 4
- Triple Jump (no run throughs)