

## **Welcome to the Track and Field Team!**

### **Coaching Staff:**

Chris Barquin- Co-Head Coach & Relays ([cbarquin@fusd1.org](mailto:cbarquin@fusd1.org))  
Trina Painter- Co-Head Coach & Distance ([trinap1@msn.com](mailto:trinap1@msn.com))  
Amanda Stricker- Assistant Coach- Sprints & Horizontal Jumps  
Eddie Hagerman Volunteer Coach- High Jump  
Jamie Anderson- Volunteer Coach Throws  
Fiona Nicholson Volunteer Coach- Distance  
Ben Rosario- Volunteer Coach- Distance  
Charlie McCallie- Volunteer Coach- Pole Vault  
Kim Kahler Volunteer Coach Pole Vault/ Hurdles/Multis

**First Day of Practice:** Monday Feb 10 @ 3pm Meet inside in The Commons and be dressed for practice. Athletes must be “CLEARED” on Final Forms.

**Non-Cut Sport:** as long as you are committed, attend practice, good attitude and grades are in good standing. (D or higher in all classes)

**Time Trials:** Thursday Feb 20th @ FHS track (weather permitting)

**Equipment:** Good pair of running shoes, shorts/ t shirt, sweat pants, spikes optional

### **Practice:**

Monday-Friday 3:00-5:00pm at the track.

\*IF weather is bad, we will meet inside in The Commons and possibly workout inside or have an altered practice. Please dress accordingly.

- Practice is mandatory.
- Communicate with your event coach/ head coach if you can not make practice.
- 3rd Unexcused absences = removal from the team.

**Track & Field** is made up of 15 different events and several relay events

**Track meets** last approximately 3-10 hours depending on how many teams, number of entries per event and if they run prelims and finals. \*Bring snacks and sunscreen!

## **Typical Order of Events**

### **Running Events**

4x800m Relay  
100/110 Hurdles  
100m  
1600m  
4x100 relay  
400m  
300m Hurdles  
200m  
3200m  
4x400 Relay

### **Field Events- varies based on the facility**

Discus  
High Jump  
Javelin  
Long Jump  
Shot  
Triple Jump  
Pole Vault

### **Meet Schedule-** Will be posted online

# of athletes attending will depend on the # of entries we are allowed at each meet.

**Qualifying as a Varsity member:** Top 2 - 4 for each event, competition appropriate (ex: opening heights), grades, work ethic, attendance, attitude, available bus space, time trials.

**Qualifying as a JV member:** As many as we can take but grades, work ethic, attendance and attitude.

**Qualifying for Divisionals and State:** based on State Performance list from approved varsity meets.

**Relay selection:** complicated mixture of variables

### **Participation in Track Meet:**

Meets are a privilege not a right.

Limited number of entries, selection is based on rankings, attendance, grades  
Athlete can bounce between JV and Varsity.

Grades must be D or higher to compete

Must be at practice the day before the meet to compete the next day

Must be on time and in school the day before of day of meet.

**Websites for Meet Information & Results:**

AZ.MileSplit.com

athletic.net

live.Wingfootfinish.com