

Welcome to the Track and Field Team!

Coaching Staff:

Chris Pabst- Co-Head Coach & Pole Vault (cpabst@fusd1.org)
Trina Painter-Co-Head Coach & Distance (trinap1@msn.com)
Amanda Stricker- Assistant Coach- Sprints & Horizontal Jumps
Eddie Haggerman Volunteer Coach- High Jump
Jamie Anderson-Volunteer Coach Throws
Fiona Nicholson Volunteer Coach- Distance
Chris Barquin-Volunteer Coach- Relays
Jodan Porcaro-Volunteer Coach Throws
Maeona Moseley Volunteer Coach Sprints and Javelin
Kelsy Washenberger Volunteer Coach Distance

First Day of Practice: Monday Feb 6 3pm Meet in the Commons and be dressed for practice.

Time Trials: Thursday Feb 16th

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.
- 3 Unexcused absences = removal from the team.
- 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.
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Track & Field is made up of 15 different events and several relay events

Track meets last 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 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.

Relay selection: complicated mixture of variables

Meets are a privilege not a right.

Athlete can bounce between JV and Varsity.

Websites for Meet Information & Results:

AZ.MileSplit.com

athletic.net

live.Wingfootfinish.com