

# 2009-2010 Leesville Road Track & Field

## Indoor Track & Field

## Outdoor Track & Field

### Information

**PHYSICALS:** Sports Physical Forms & Permission to Treat Forms can be printed off the Leesville Road athletic webpage or can be picked up in the main office.

Physicals are valid for 365 days from the date they are filled out by the doctor.

Physicals for Indoor Track must be turned in by **MONDAY, NOV. 9<sup>th</sup>**.

Physicals for Outdoor Track must be turned in by **MONDAY, FEB. 1<sup>st</sup>**.

Failure to turn in physical forms and permission to treat forms by the date listed above will result in NOT being eligible for that season

**ELIGIBILITY:** All athletes must be academically eligible. Athletes must have a 1.5 GPA, pass 3 of 4 classes from the previous semester, and pass English. Athletes can not miss more than 12 school days from the previous semester. These are the basic guidelines and there are some other guidelines that can apply to students depending on academic year, course load, and transfer students.

**CONDUCT:** No one will be allowed on a track and field team that has a history of discipline problems at LRHS. Any disciplinary problems that occur while on the team can result in removal from the team.

#### INDOOR TRACK SEASON:

- **FIRST DATE OF PRACTICE:** Monday, Nov. 16<sup>th</sup> at 2:50 on the Track.
- **Goals:** GET ATHLETES READY FOR OUTDOOR TRACK and also get as many athletes to the indoor state meet as possible.
- **Cuts:** Cuts will be made throughout the season as needed to ensure we have positive attitudes and great work ethics on the track. **ATHLETES' WORK ETHIC, ATTITUDE, BEHAVIOR, ETC. DURING INDOOR TRACK WILL IMPACT THEIR ABILITY TO MAKE THE OUTDOOR TRACK & FIELD TEAM.**
- **Practice Schedule:** Practice will be Mon.-Fri. from 2:50-5pm unless otherwise stated.
- **Meets:** Indoor Schedule TBD and will be posted on the Track Website. Only athletes that are close to qualifying marks are allowed to compete in the meets.
- **Participation:** All athletes who plan on competing in Outdoor Track & Field should participate in Indoor Track even if they do not compete in the meets. Indoor is EXTREMELY important to having a successful Outdoor Track season.

<u>Events:</u> and state meet qualifying standards	<u>Men</u>	<u>Women</u>
3200m Relay	8:48.0	10:50.0
55m Hurdles	7.8	9.2
55m Dash	6.3	7.2
1600m Run	4:38.0	5:45.0
500m Run	1:08.0	1:25.0
1000m Run	2:40.5	3:21.0
300m Dash	35.3	43.1
3200m Run	10:18.0	12:00.0
1600m Relay	3:37.0	4:20.0
Shot Put	45'0"	31'0"
Long Jump	21'0"	16'6"
Triple Jump	42'6"	33'6"
High Jump	6'0"	5'0"
Pole Vault	11'6"	9'0"

#### OUTDOOR TRACK SEASON:

- **FIRST DATE OF PRACTICE:** Monday, Feb. 15<sup>th</sup> at 4pm on the Track. STUDENTS ARE NOT IN SCHOOL, BUT THIS IS A MANDATORY PRACTICE.
- **CUTS:** Cuts will be made. All 9<sup>th</sup> graders that follow instructions, have positive attitudes, work hard, and attend practice as required will be on the team. 10<sup>th</sup>, 11<sup>th</sup>, & 12<sup>th</sup> graders may be cut based on attitude, athletic ability, discipline, attendance, work ethic, and ability to contribute to the TEAM.
- **Practice Schedule:** Mon.-Fri. 2:50 until finished.
- **Meet Schedule:** The meet schedule will be posted on the Track Website ASAP.
- **Events:** 3200m Relay, 110/100m Hurdles, 100m Dash, 800m Relay, 1600m Run, 400m Relay, 400m Dash, 300m Hurdles, 800m Run, 3200m Run, 200m Dash, 1600m Relay, Shot Put, Discus, Long Jump, Triple Jump, High Jump, and Pole Vault
- **MORE INFORMATION ABOUT THE OUTDOOR SEASON WILL BE AVAILABLE AFTER THE CHRISTMAS BREAK**