

Welcome to the Track and Field Team!

Coaching Staff:

Chris Barquin- Co-Head Coach & Relays (cbarquin@fusd1.org)

Trina Painter- Co-Head Coach & Distance (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