

INDOOR

TRACK & FIELD

2019-2020

ATHLETES HANDBOOK

***“It’s not the will to win that matters, everyone has that.***

***It’s the will to prepare to win that matters.”***

***– Paul “Bear” Bryant***

**Team Website**

[***http://sgallagher.rsd17.org/indoor-track--field.html***](http://sgallagher.rsd17.org/indoor-track--field.html)

TEAM RULES AND ATTENDANCE POLICY

**PRACTICE:**

Practice will be held on week days from 2:30 to 3:45/4:50, and on Saturdays from 9:00AM to 11:00AM. There will not be practice if there is a Saturday meet. All team members are expected to be on the track promptly at each day ready to warm-up as a team. All athletes are expected to attend practiced on a daily basis and complete the assigned workout. Team members are expected to stay for the entire practice (which may vary for different athletes and different days) unless they have a note from their parent excusing them early. The weight room will be required for throwers and optional for all others. All athletes will have time to make the 5:00 late bus.

In case of excused absences from practice, coaches must be notified ahead of time if possible (exceptions will be made for extreme circumstances). If you will be missing practice on a certain day, you may speak directly with Coach Gallagher (room B108) or email him at [sgallagher@rsd17.org](mailto:sgallagher@rsd17.org) or email Coach Dupuis at [dupuis.rdupuis57@gmail.com](mailto:dupuis.rdupuis57@gmail.com).

Excused absences include:

* Making up a test and/or extra help
* Doctor’s appointment
* Family commitment
* School field trip

If pain and/or an injury is affecting the athlete’s ability to practice or complete the assigned workout, the athlete should bring the matter to the attention of the coach.

If there is a situation where the coaches were not aware of the situations listed above, the athlete or her/his parent should contact the coach advising him of the situation

**IN ALL CASES, COMMUNICATION IS ESSENTIAL**

**BEHAVIOR:**

The general rules of behavior are detailed in the Student Athlete Handbook. However,

HK Track & Field athletes need to keep several considerations in mind. During many of our meets, the coaching staff is often actively involved in the management and running of the meet. To put it in simple terms, they are not free to babysit the athletes who are no actively involved in competition at some point in time. Athletes are expected to behave in a responsible manner. Frankly, the success of HK Track & Field over the years has made us a recognizable entity. Other coaches and athletes know who we are. If our athletes act in such a way as to bring discredit and/or embarrassment to the team, the coaches will hear about it. Such behavior could lead to dismissal from the team. Too many people, coaches and athletes, have worked too hard and long to have the hard-earned, good reputation of the HK program to be tarnished by inappropriate behavior.

**MEETS:**

The majority of our meets will follow a similar order of events (provided below). The meets may vary in whether it is a league meet, invitational, championship, or developmental meet. It is vital that all track and field athletes know what events they are in, when the events will take place and where it will take place. Athletes need to check in for their own event. Most of our meets are held at the Floyd Little Athletic Center in New Haven which is located at Hillhouse HS in New Haven. As guests of the athletic center, we need to follow their rules and policies. Overall, it is the best Indoor Track facility in Connecticut and we want to be able to use it as much as possible. Also, most of our meets involve a large number of athletes from a variety of schools throughout the state. You should be advised that you should be very careful about bringing electronics, cell phones, money, etc to meets. People lose things every year because they were not careful about personal items.

*Parents should be aware that spectators will be charged. Ticket prices vary, but $5.00 for adults seems to be the most common*

**LEAVING MEETS:**

Although we encourage all athletes to stay for the entire meet to cheer on teammates, even if they have completed their events, we understand all students have other commitments. Occasionally, indoor track meets that are held during weeknights can run late into the evening. Therefore, if a parent is taking an athlete home from an away meet, the parent must sign the athlete out on the appropriate from in the sign-out binder. If the parent is taking someone else’s athlete home, both parents should sign the form for that situation prior to the meet.

**Coaches must be notified and parent must sign their athlete out if they is leaving the meet prior to the bus departure**.

**EARNING A LETTER:**

To earn a letter in Indoor Track & Field the athlete must meet the qualifying standards set by the CIAC, compete in the State Championship Meet (exceptions may be made due to injury, or exceptional circumstances) and complete the season in good standing. Also, it is recognized that in some cases that some athletes may compete in only one event. Finally, letters may be awarded or withheld at the coaches’ discretion in specific situations regardless of otherwise meeting state standards.

**FORMS:**

Physicals: Physicals must be current which means no more than 13 month old.

All Family ID forms must be submitted *prior to the start of the season*. Those athletes who will be running distance must also have the *The Road Running Protoco*l forms completed, sign and returned to Coach Gallagher *prior the the start of the season*.

***Family ID must be completed regardless if they did a fall sport.***

**QUALIFYING PERFORMANCES**

**FOR A VARSITY LETTER**

**(ALSO QUALIFYING STANDARDS FOR S STATE CHAMPIONSHIP)**

**GIRLS BOYS**

**EVENT HAND FAT HAND FAT**

55M DASH 7.9 8.14 6.9 7.14

55M HURDLES 10.20 10.44 8.8 9.04

300M DASH 47.00 47.24 39.50 39.74

600M DASH 1:50.00 1:50.24 1:34.00 1:34.24

1000M RUN 3:30.00 3:30.24 2:52.00 2:52.24

1600M RUN 5:55.00 5:55.24 4:55.00 4:55.24

3200M RUN 12:50.00 12:50.24 10:30.00 10:30.24

4X800 RELAY 11:00.00 9:10.00

4X200 RELAY 2:00.00 1:45.00

4X400 RELAY 4:38.00 3:55.00

SPMR 4:50.00 4:00.00

SHOT PUT 28’0” 38’0”

High Jump 4’8” 5’8”

Long Jump 14’6” 18’4”

Pole Vault 7’6” 10’0”

**INDOOR TRACK & FIELD ORDER OF EVENTS**

\*some invitationals may have special order of events.

**RUNNING EVENTS**

4X200 RELAY GIRLS THEN BOYS

4X800 RELAY GIRLS THEN BOYS

55M HURDLES TRIALS GIRLS THEN BOYS

55M DASH TRIALS GIRLS THEN BOYS

1000M RUN GIRLS THEN BOYS

600M DASH GIRLS THEN BOYS

55M HURDLES FINALS (When Held) BOYS THEN GIRLS

55M DASH FINALS (When Held) BOYS THEN GIRLS

1600M RUN GIRLS THEN BOYS

SPMR (200-200-400-800) GIRLS THEN BOYS

300M DASH GIRLS THEN BOYS

3200M RUN GIRLS THEN BOYS

4X400 RELAY GIRLS THEN BOYS

**FIELD EVENTS**

LONG JUMP GIRLS THEN BOYS

HIGH JUMP BOYS THEN GIRLS

SHOT PUT GIRLS THEN BOYS

POLE VAULT BOYS THEN GIRLS

**SHORELINE CHAMPIONSHIP QUALIFYING STANDARDS**

**2017-2018**

**Event** **Girls Boys**

55M HURDLES 11.50 11.00

55M DASH 8.60 7.50

300M DASH 51.00 43.00

600M DASY 2:10.00 1:47.00

1000M RUN 3:50.00 3:15.00

1600M RUN 7:00.00 5:40.00

3200M RUN 14:30.00 12:30.00

4X200M RELAY One per school per relay event

4X400M RELAY One per school per relay event

4X800M RELAY One per school per relay event

SPRINT MED RELAY One per school per relay event

Long Jump 12’0” 15’0”

High jump 3’8” 4’8”

Pole Vault 6’0” 8’0”

Shot Put 21’0” 30’0”