



# Track Check List



**BE READY FOR THE SEASON!**

**Please turn all forms into the office!**

\_\_\_\_\_ **Physical (Green) OR Interval History (Blue)**

**Must have been completed within the last two years!** If you are unsure whether or not you have one on file, contact the school office. **YOU CANNOT PRACTICE IF VALID PHYSICAL IS NOT ON FILE.**

\_\_\_\_\_ **Signed Permission Form (Purple)**

\_\_\_\_\_ **Payment:** The track fee is \$100 (or \$20 with district financial aid form) and can be paid online via SchoolPay, or with cash, check, or card in the office. Thanks for your prompt payment.

## **A Few Reminders:**

1. **YOU WILL NOT BE ALLOWED TO PRACTICE OR COMPETE IF YOUR PHYSICAL IS NOT ON FILE.**
2. Equipment you will need:
  - a. Running shoes (everyone on the team needs a pair)
  - b. Spikes (for those running sprints: COMPLETELY OPTIONAL)
  - c. Black or yellow shorts (if possible, school colors)
  - d. Water bottle
  - e. A bag used just for track gear
  - f. Sweatshirt or athletic jacket (we practice ran or shine)
3. Practices start at 3:50 SHARP (2:50 on Fridays). **DO NOT BE LATE!**
4. You, the athlete, are responsible for making up any missed school work due to your participation in track and field.
5. We expect ALL athletes to compete in at least **TWO** events.
6. You may compete in up to 4 events per track meet:
  - a. 2 running, 1 field, and a relay
  - b. 1 running, 2 field, and a relay
  - c. 3 running and a relay
  - d. 3 field and a relay
    - i. Running Events: 100m Hurdles, 100m, 200m, 400m, 800m, 1600m & 3000m
    - ii. Field Events: Shot Put, Discus, High Jump & Long Jump
    - iii. Relays: 4 x 100m and 4 x 400m (both by grade level and gender)

This is a personal checklist, NOT to be turned in