

**To All North Allegheny Middle School Track & Field Student-Athletes & Parents/Guardians:**

Thank you in advance for supporting our team and allowing your child to participate in our program. Our goals center on making student-athletes learn more about track & field, benefit from daily exercise, and have fun! The following is a list of items that we want to bring to your attention. We hope this will be informative, but please feel free to reach out to us with any questions or concerns.

**I. Start of Season, Shuttles and Pick-up Information**

Our season **starts on Monday, March 4th** and will run through our last invitational on Friday, May 10th (Butler Invitational). Some participants' season will end earlier (on our last home or away meet). **Practice will take place at NAI's track area from 3:30-5:15 everyday school is in session.** The student-athletes will sign-in and walk the track until practice begins. On day 1 and if it is ever cold or raining, we will meet initially in the upper gym of NAI. CMS students will walk on the **sidewalks, not trails**, down to NAI immediately after the conclusion of their school day. MMS & IMS students will ride the shuttle bus from their school to NAI. Locker rooms are available at NAI for changing, as long as they are properly cared for. To alleviate congestion in the parking lot after practice, athletes from CMS & IMS should be picked up in the rear of NAI (gym entrance) and athletes from **MMS should be picked up at the NAI entrance/exit area closest to Mcknight Elementary. Students should not be walking through the parking lot unless with a parent.**

**II. Tryout Schedule**

**Tryouts and practices will take place at the NAI track from 3:30 to 5:15.** On March 4-5, we will practice to prepare for tryouts held on March 6-8. We will do our best to give student-athletes as many opportunities to make the standards in the time allotted. We may adjust the tryout schedule below in cases of inclement weather for safety. **Student-athletes will attend all days of practice/tryouts (March 4-8), regardless of what events they are trying out in.** We recommend each athlete try **at least 3 events.**

**March 4-5:** practice (athletes will spend time learning/training with event-specific coaches)

**March 6:** 100m, 400m, 1600m (event specific instruction will happen simultaneously during these events)

**March 7-8:** 200m, 800m, 3200m, 100m/110m hurdles, high jump, long jump, triple jump, pole vault, shot put, and discus

**March 11:** Weather contingency day and make-ups (only if needed)

**III. Tryout Standards**

Everyone who achieves a performance mark at or better than the standard listed below will qualify for team membership. Only one standard needs to be met to be on the team, but we recommend student athletes attempt multiple events as this will help coaches decide future event participation and event specific training. In the unlikely situation that a less than adequate number of athletes qualify for a particular event, we may make a provisional standard to qualify more athletes in that event so that we have a more complete team. Under **no circumstance** will the standards be adjusted to be **more difficult** than what is listed below. Students who do not meet a standard will be refunded their participation fee.

Event	Girls	Boys		Event	Girls	Boys
<b>100</b>	15.8	14.3		<b>High Jump</b>	3'10"	4'2"
<b>200</b>	34.5	30.5		<b>Long Jump</b>	11'6"	13'0"
<b>400</b>	81.0	72.0		<b>Triple Jump</b>	21'0"	25'0"
<b>800</b>	3:22	3:06		<b>Shot Put</b>	19'0"	22'0"
<b>1600</b>	7:25	6:40		<b>Discus</b>	40'0"	46'0"
<b>3200</b>	16:50	15:00		<b>Pole Vault</b>	5'0"	6'0"
<b>Hurdles</b>	23.5	23.3				

#### IV. Meet Participation

Due to the size of our team, we will have a **three tiered system** for meet participation as follows:

<b>Home</b>	<b>Everyone will compete in home dual meets held at NAI.</b>
<b>Travel</b>	These athletes are top performers in at least one event. They will compete in away dual meets. Athletes can be added at any time during the season based on performances.
<b>Invite</b>	These athletes are elite performers in at least one event. They will compete in the invitationals which typically allow 2-3 athletes per event. Membership on this squad is not permanent and is adjusted throughout the season based on all athlete performances.

#### V. Attendance

Daily attendance is mandatory for all student-athletes Monday-Friday. We will work with student-athletes who may need to arrive late or leave early from practice every so often due to other commitments, but we expect to see everyone at every practice barring an unusual circumstance. Special concerns should be addressed to Coach Robertson and Coach Saikaly. Student-athletes should come equipped with running shoes and dressed for indoor and outdoor activity, including all kinds of weather (layers are recommended). If weather is excessively inclement, we will practice indoors or practice will be canceled.

#### VI. Communication

For team announcements and communications, we will be using email and the Remind app. Once we finalize our roster, we will primarily use Remind for updates. Important handouts, meet information, absence form, twitter postings, etc. will be posted on our website: [www.northalleggheny.org/track](http://www.northalleggheny.org/track).

#### VII. Meet Information

Home meets will start at approximately 4:00 pm and can last until 6:30-7:00pm. Unless there is an emergency or a previously scheduled obligation, we ask that all teammates stay until the end of the meet to cheer on their teammates. For away meets, students will get out of school early and typically return to NAI between 6:15 and 7:30pm.

The **track events** run according to the following chronological order:

- |                           |                        |                          |
|---------------------------|------------------------|--------------------------|
| 1. 3200 m Relay (4x800m)* | 5. 400m Relay (4x100m) | 9. 200m                  |
| 2. 100/110 Hurdles        | 6. 400m                | 10. 3200m                |
| 3. 100m                   | 7. 300m Hurdles*       | 11. 1600m Relay (4x400m) |
| 4. 1600m                  | 8. 800m                |                          |

\* May not happen at all meets

**Field events:** Shot Put, Discus, High Jump, Long Jump, Triple Jump, Pole Vault.

- ❖ Invitationals may have additional events which could affect the order of events on the track (i.e. sprint trials, 300m hurdles, 4x800m relay, etc.)

To view our updated schedule, scan the QR code on the right or click the link below

<https://athletics.northalleggheny.org/track-field/middle-school-schedule/>



#### VIII. Timing and Meet Results

New for this year, we will be using **Wolf Creek Race Management** to time and score our home meets and our invitational with the exception of our very first home meet on 3/15. This will provide us with the most accurate fully automatic timing (or FAT) and allow results to be posted to **pa.milesplit.com** in real time.

We hope this information will clarify some general procedures for this upcoming season and our program in general. We appreciate your support of your child and the program; it makes a tremendous impact on the spirit and success of the team. Thank you and go tigers!

Sincerely,

**E. J. Robertson** ([erobertson@northalleggheny.org](mailto:erobertson@northalleggheny.org)) and **Stephanie Saikaly** ([ssaikaly@northalleggheny.org](mailto:ssaikaly@northalleggheny.org))