

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

Thank you in advance for supporting our team and allowing your child to try out for our track and field team. Our staff is extremely excited to meet our tiger athletes this Monday. The following is a list of items we are requesting parents and participants read through before the season officially commences on Monday. We hope they will be helpful, but if you have further questions, please feel free to contact us at any time.

I. Start of Season and Pick-up Information

Our season **starts on Monday, March 6th** and will run through until our last dual meet on May 9th, unless you make the Butler invitational team which is May 12th. **Practice will take place at NAI's track area from 3:30-5:15 everyday school is in session.** The student-athletes will walk the track until practice begins unless it is cold / raining in which case we will warm up and meet 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, 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.**

II. Tryout Schedule

We will have tryouts this year to make the roster. **All tryouts and practices will take place at the NAI track from 3:30 to 5:15.** On March 6-8, we will practice to prepare for tryouts held on March 9th, 10th, 13th and 14th. We will do our best to give student-athletes as many opportunities to make the standards (see below) in the time that we have. We recognize that early March can be a difficult time of year weather wise. We may adjust the tryout schedule below in cases of inclement weather for safety. **Student-athletes will attend all days of practice/tryouts (March 6-14), regardless of what events they are trying out.** We would like everyone to try out for more than one event over the 4 days.

March 6-8: practice (athletes will spend time learning/training with event-specific coach)

March 9-10 (running only events): 100, 200, 400, 800, 1600, 3200

March 13-14 (hurdles/field events): hurdles, high jump, long jump, triple jump, pole vault, shot put, discus

III. Tryout Standards

Everyone who achieves a performance mark at or better than the standards listed below will be on the team. Only one standard needs to be met to make the team. Once you have made a standard to be on the team, you are not limited to only participating in that qualifying event. Once the tryouts have ended, we will see how many student-athletes have made the standard in each event. If any of the events have a less than adequate number of athletes who made the standard, we may adjust the standard to take on more athletes in that one event so that we have a more complete team. For example, if we do not have enough female high jump athletes jump over the 3'8" standard, we could adjust the standard to 3'6" if doing so would get the desired number of athletes in that event. We do not expect to adjust any of the standards below (so you should not expect this either), but we wanted to be transparent regarding that possibility. Under no circumstance will these standards be adjusted to be more difficult than what is listed below.

Event	Girls	Boys	Event	Girls	Boys
100	16.0	14.5	High Jump	3'8"	4'0"
200	35.0	31.0	Long Jump	10'0"	12'0"
400	82.0	73.0	Triple Jump	21'0"	25'0"
800	3:25	3:08	Shot Put	18'0"	20'0"
1600	7:30	6:45	Discus	40'0"	45'0"
3200	17:00	15:10	Pole Vault	4'6"	5'0"
Hurdles	23.5	23.3			

Student-athletes who do not meet a qualifying standard will be refunded their participation fee.

IV. Meet Participation

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

Home	Everyone will compete in home dual meets held at NAI.
Travel	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.
Invite	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 Yon. Student-athletes should come dressed for all kinds of weather. 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. This includes the Twitter feed of Coach Robertson, who will provide individual and team highlights throughout the season. You can follow him **@natrackcoach** if you have a twitter account or just check the twitter feed on our website or <https://twitter.com/natrackcoach>.

VII. Meet Information

Home meets will start at approximately 4:00 pm and can last until 6:45-7:15pm. 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.

Track events are run in 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 | |

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

*May not happen at all meets

Invitationals may have additional events and/or trials which could affect the order of events on the track (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/>



We hope this information will clarify some general procedures for our team as the season kicks off next week! We appreciate your support as it makes a tremendous impact on the spirit and success of the team.

Thank you,

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