



# Junior High Track

## Preseason Information

### Important Dates

**February 27<sup>th</sup>** Parent Meeting @ High School in Choir Lecture Room 6:00pm

**March 4<sup>th</sup>** First Day of Practice - **Must have physical on file to Practice** ---PRACTICE EVERY day 2:30-3:45

**March 22<sup>nd</sup>** \$50 Sports Fee Due – On line or check to Carlisle Local Schools

**March 25<sup>th</sup> – March 29<sup>th</sup>** Spring Break – NO practice

**April 2<sup>nd</sup>** - First Meet of the Season @ Eaton \*\*\*\*\* Sports fees must be paid to participate\*\*\*\*\*

### Important Practice Information

Junior High will practice Monday-Friday 2:30-3:45 with the exception of meet days (no practice)

and Day 1 (March 4<sup>th</sup>) goes until 4 not 3:45

Junior High track athletes will **always** meet in the Middle School Gym dressed and ready to practice by 2:30. From there, coaches will determine whether practice will be held inside or at the track.

**Athletes should have proper attire for both inside and outside practices daily.** *Shorts, T-Shirt, Pants/Hoodie*

**If you play another sport during track season (basketball, soccer, baseball, softball, lacrosse) it is critically important to talk to the coaches if there are ANY times of conflicts or concerns regarding practice & meets**

### Important Contact Information

Contact Coach Sprandel, Easton or Oliver with any questions throughout the season via email:

[Brian.Sprandel@carlisleindians.org](mailto:Brian.Sprandel@carlisleindians.org)

[Emily.Easton@carlisleindians.org](mailto:Emily.Easton@carlisleindians.org)

[John.Oliver@carlisleindians.org](mailto:John.Oliver@carlisleindians.org)

**We will be using Remind to communicate information throughout the season**

### **Running Events:**

**100 Meter** Dash  $\frac{1}{4}$  of the track (length of football field)

**200 Meter** Dash  $\frac{1}{2}$  of the track

**400 Meter** Dash around the track 1 time

**800 Meter** 2 times around the track -  $\frac{1}{2}$  mile

**1600 Meter** 4 times around the track – 1 mile

**100 & 200 Hurdles** 100- has 10 hurdles, 200 has only 5 hurdles

**4x100 relay** – 4 people each run 100 Meters

**4x200 relay** – 4 people each run 200 Meters

**4x400 relay** – 4 people each run 400 Meters

### **Field Events:**

**Long Jump** – Run down a runway and jump into a sand pit

**High Jump** – Run up to a bar and jump over it onto a big foam mat

**Discus Throw** – Throw a disc that looks like a Frisbee

**Shot Putt** – Push/launch/throw a metal ball about the size of a softball just heavier

### **Meet Dates:**

April 2<sup>nd</sup> @ Eaton Relays (8 teams)

April 8<sup>th</sup> @ Milton Union Quad (4 teams)

April 11<sup>th</sup> @ Clinton Massie Invite (6-12 teams)

April 18<sup>th</sup> @ Dixie Invite (8-14 teams)

April 23<sup>rd</sup> @ Dixie Quad (4 teams)

April 25<sup>th</sup> @ Waynesville (8-12 teams)

May 4<sup>th</sup> @ SWBL LEAGUE CHAMPIONSHIPS (14 teams)