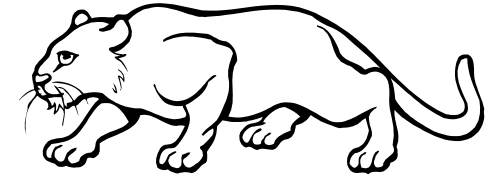


# Issaquah Middle School



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## Event descriptions continued

# 2018 Schedule

All meets start at 3:30 p.m.

### Thursday, May 3

Issaquah @ Pacific Cascade

### Thursday, May 10

Beaver Lake @ Issaquah

### Thursday, May 17

Issaquah @ Maywood

### Thursday, May 24

Pine Lake @ Issaquah

### Thursday, May 31

Finals

Issaquah High School

Ending times vary., Expect to finish  
between 6:15 – 6:30p.m.

**Order of heats are Boys 8-Girls 8-Boys 7-Girls 7  
Boys 6-Girls 6**

**200 Meter Dash** - Half lap on track, corner and straight a way, must use starting blocks

**4 x 200 Meter Relay** - 4 members each run a 200M;  
runner 1 & 2 stay in your lane, 3 & 4  
may cut to inside lane

### **Field Events**

(note: sign-up for field events when you arrive at the meet)

**High Jump** – Starting heights

Girls 6 – 3 ft. 6 in.

Girls 7 - 3 ft. 6 in.

Girls 8 – 3 ft. 8 in.

Boys 6 – 3 ft. 8 in.

Boys 7 – 4 ft. 2 in.

Boys 8 – 4 ft. 6 in.

3 attempts at each height - raise the bar in 2” increments

**Long Jump** – 4 attempts

**Discus** – 1 kilogram rubber disc  
4 attempts

**Shot Put** – 8 lb. shot for 7/8<sup>th</sup> graders  
6 lb. shot for 6<sup>th</sup> graders  
4 attempts

# Event Descriptions

## Running Events

**75 Meter Hurdles** - 7-hurdle race; must use starting blocks

30" high for 6<sup>th</sup> Boys & all Girls

33" high for 7/8 Boys

**1600 Meter Run** – 4 laps around the track  
unlimited entries  
cut to inside lane when safe

**Medley Relay** - 4 members

1<sup>st</sup> runner 100 meters – stay in lane

2<sup>nd</sup> runner 100 meters – stay in lane

3<sup>rd</sup> runner 200 meters – stay in lane

4<sup>th</sup> runner 400 meters – cut in

**100 Meter Dash**— Straight away race;  
must use starting blocks

**4 x 100 Meter Relay** – 4 members, each run a 100M  
stay in your lane

**400 Meter Dash**— One lap, stay in your lane

**800 Meter Run**— 2 laps around the track  
unlimited entries  
cut to inside lane when safe

**Pack water & nutritious snacks for meet days.**

## Track Handbook 2018

Dear Parents/Guardians and Participants,

Welcome to the 2018 track season! There is a great deal of information that is very important for you to know regarding the procedures and expectations of Track & Field. As such, we have prepared a Track Handbook for your convenience. It would be good to have this on hand for a quick reference in case you have questions in the future.

We have high expectations for our participants. It is their responsibility to be at all practices and meets on time with the correct equipment. Please read the handbook carefully and make sure you understand all the material. If you have any questions regarding the contents, be sure to ask us after practice or give us a call or email.

Please keep in mind that **all students** at IMS are welcome to turn out for Track & Field. There are no cuts but students are not guaranteed to participate in every meet. This will depend on:

- Whether or not the athlete has enough practices.
- Appropriate grades and/or behavior during the school day.
- Being challenged out of their position by a better performance from another member of the IMS

# Awards Party

We will celebrate the end of the season by having an awards party immediately after school. The participants will be receiving the ribbons and certificates they have earned throughout the season.

The awards party is also the time to turn in your uniform. Please clean all clothing and place it in a bag. Neatly write the **athlete's name** on the bag and turn it in to the location provided.

Athletes will need to pay for any lost uniforms before they are cleared at the end of the year, which means a fine will be assessed and the student will not receive a yearbook.



# Practices

Practices are a very important part of your success in Track & Field. It is up to you to stay focused and give 100% everyday. You are the only person who can push yourself to your potential.

Practices will take place Mondays through Thursdays from 2:45 until 4:15 (5:15 on Wednesdays). The activity bus runs at 4:15 Mondays, Tuesdays, and Thursdays and at 5:15 on Wednesdays. Pre-arrange rides home in advance.

Be sure you have practice clothes and proper shoes every day. If you are late to practice for a school related reason please bring a pass or a note. **If you miss a practice for medical or other acceptable reasons, please bring a note or leave a voice message or email from your parents.** If you have to leave early, bring your personal belongings to the gym with you as locker room are locked during practice.

# Weekly Challenges

Mondays there will be an opportunity to challenge for a spot to compete in the meet. The athlete must first beat the time or distance of their opponent from the previous meet, and then compete head to head against their opponent. This format will be used for dual meets and finals. **Always be ready for a challenge. You must be at practice on Mondays. If you are challenged and not at practice, you could lose your spot.**

# Format of the Teams

The track team actually consists of 6 teams. Boys 6<sup>th</sup>, Girls 6<sup>th</sup>, Boys 7<sup>th</sup>, Girls 7<sup>th</sup>, Boys 8<sup>th</sup> and Girls 8<sup>th</sup>. Each athlete can enter up to 4 events in the following combination: 3 running & 1 field

2 running & 2 field

1 running & 3 field



# Order of Events

Hurdles

1600 Meter Run (unlimited entries)

Medley Relay (100-100-200-400)

100 Meter Dash

4x100 Meter Relay

400 Meter Dash

800 Meter Run (unlimited entries)

200 Meter Dash

4x200 Meter Relay

Shot Put (8# shot for 7/8 – 6# shot for 6)

Discus

High Jump

Long Jump

Note: If you compete in the Hurdles, 100M Dash, 200M Dash, or the 400M you MUST learn to use the starting blocks.

# Scoring Points

5-3-1 for dual meets, 1<sup>st</sup> place only for relays.

# Eligibility

Participating in Track & Field is a privilege. In order to participate in this activity at IMS you must meet the following criteria:

You must be on the eligibility list. Physical on file.

You must have paid your \$50 sports fee.

You must have 8 practices prior to the first meet.

You must attend school for at least half the day to participate in a practice or a meet.

You may not participate in practice or a meet if you are excused from PE that day.

You must attend the practice prior to the meet.

Uniform must be complete at the time of the meet.

You must be healthy.

Your behavior at school & practice must be appropriate.

You must be maintaining passing grades.

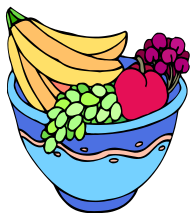
**If any of these criteria are not met, it may result in probation or not being able to compete in the meets. Practices are to “practice.” Behavior otherwise (like distracting others or wasting time) will result in:**

**-first offense—receive a verbal warning**

**-second offense- parents will be contacted**

**-third offense– dismissal from the Team**

Grades will be checked within 10 days of the beginning of the season. If you have below a passing grade you will be placed on academic probation for 10 days. You may practice and compete during these 10 days. If after the first 10-day probation, the grade is not raised, you will be placed on a second 10-day probation. During the second 10 days you will be able to practice but **will not** be able to compete. If you are still failing after the second 10-day probation you will not be able to participate for the rest of the season. As soon as the grades are raised you will be removed from probation.



# Tips

In order to have a healthy and successful year, please make note of the following items:

- Have workout clothes & separate P.E. clothes; remember to wash them regularly.
- Include a proper warm-up & cool down in your daily routine.
- Practice a regular stretching routine.
- Stay hydrated; drink plenty of water throughout the day.
- Tote a water bottle with your name on it.
- Do not share your water bottle with anyone.
- If you or someone is injured, let the coach know immediately and do not move them.
- 90% of all injuries in Track & Field are due to carelessness or goofing around. Act mature.
- We have close to 150 participants, so please work together to promote success!

# Research

Listed below are some websites you can visit to increase your knowledge of the sport and nutritional needs of an athlete.

[www.advantageathletics.com](http://www.advantageathletics.com)

[www.kicksports.com](http://www.kicksports.com)

[www.trackandfieldtraining.com](http://www.trackandfieldtraining.com)

[www.runnersworld.com](http://www.runnersworld.com)



[www.kidsrunning.com](http://www.kidsrunning.com)

[www.highschoolrunner.com](http://www.highschoolrunner.com)

[www.kidshealth.org](http://www.kidshealth.org)

# Volunteering

Parent Volunteers:

Every school asks parents to assist in running a Home Meet. Please check the date(s) you would be willing to help our team. Thank you in advance for your commitment to our program. (This handout will be sent home.) Or you can [click here](#) to sign up.

Parent Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Student Name: \_\_\_\_\_

## Home Meet Dates:

\_\_\_\_\_ Thursday, May 10

\_\_\_\_\_ Thursday, May 17

\_\_\_\_\_ League Finals Thursday, May 31 @  
Issaquah High School

## Duties:

\_\_\_ Timer

\_\_\_ Picker (help decide order of finish)

\_\_\_ Measure at a field event

\_\_\_ Scorekeeper (Training will be provided)



## Statement of Acknowledgement

I have read and understand the material contained in the IMS Track & Field Handbook. I realize the need to work together as a team to have a safe and successful season. (This handout will be sent home.)

Athlete's Name (Print): \_\_\_\_\_

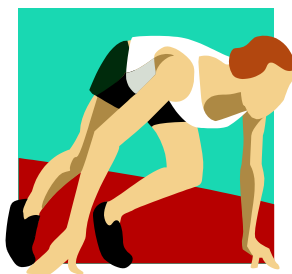
Athlete's Signature: \_\_\_\_\_

Grade: \_\_\_\_\_ Track Coach: \_\_\_\_\_

I have read and understand the material contained in the IMS Track & Field Handbook. On occasion— training may take the athletes off campus. Safety will be emphasized and reviewed.

Parent Name (Print): \_\_\_\_\_

Parent Signature: \_\_\_\_\_



# Finals

**League Finals** are for the top performers. Each school is allowed 1 lane for runners (2 entries for the 800 & 1600m) and 2 entries for field events.

## Uniform

It is very important that you are ready to compete at the meet. This includes having a complete uniform.

- School issued tank top and shorts.
- White T-shirt may be worn under the tank top.
- Maroon PE shorts only. (Solid color)
- Dependable running shoes, Spikes are optional
  - \*3/8-inch spikes for cinder tracks,
  - \*1/8-inch spikes for rubberized tracks

## Away Meets

In order for the coaches to be able to focus on the meet in progress, it is very important for the student participants to be responsible for themselves. You are expected to be ready for your event when it is time to start. We will be stretching as a team but you should continue to warm up prior to your event. Stay with the team and encourage your teammates. The coaches will not tolerate misbehavior on the bus or at the hosting schools.

It is also important to remember you are a representative of Issaquah Middle. Always be polite and thankful to the host school. Issaquah Middle has been known for incredible team support. We encourage you to be there for your teammates. Cheering and team spirit is highly desirable.

The bus ride to the host school is a time to focus. Stay in your seat quietly thinking about your events. Listen during attendance and instructions. On the bus ride home, be sure to keep your celebration under control so the bus driver can focus on the road. Make sure you show respect for our driver and pick up all trash before exiting the bus. Remember to thank the bus driver for the safe ride back.

### **Attention Parents/Guardians!!**

Be sure to check out with a coach if you are taking your child directly home from an away meet. **A written note** is an easy paper trail to establish and is concrete. Alternately, **coaches need to see and talk to the parent in order for the student athlete to leave any away meet.** If the athlete is not checked out we will have no way of knowing whether or not they are supposed to be on the bus ride home. If the athlete is to ride home with someone other than you, they will need a signed note specifically stating with whom they have permission to ride with. No exceptions!

\*\* Keep in mind we will be arriving back too late for the activity bus so it is important that your child have someone to pick him or her up. Pre-arrange transportation home. Please do not leave the coaches waiting for you to pick up your child. It has been a long day for us and we want to get home to see our families. Thanks!

# Home Meets

We will be hosting two home meets this year. These meets are on Thursday, May 10 at 3:30 p.m. and Thursday, May 24 at 3:30 p.m. Parents, please consider volunteering at one or both of these meets. We need many people to help.

Always remember that you represent Issaquah Middle School. Be courteous and helpful to the opposing team, coaches, managers, and fans.

It is just as much work to put things away after the meet, therefore, it is required that you stay until the end of all the meets to help unless you have permission from the coach. **This is especially true this season as we're using other schools' facility and equipment.** You should be there cheering on the last runner or jumper because you are part of a team.

Keep in mind that the coaches will be extremely busy before and during home meets. If a coach is not able to help you at a particular time, please keep in mind that we do care about you and your problem and will help as soon as we can.

The meets will begin as close to 3:30 as possible. Be sure to pre-arrange rides home for both home and away meets.

