



**Welcome to the 2025 middle school track and field season! We are happy to have you and learn about the various events we have this season. Below lists our program expectations and a brief overview of the season:**

1. All students participating in track and field must have a current physical on file, complete an ASD Athletic/Activity Participation form, and pay the \$110 activities fee (or receive a fee waiver) before they may begin practicing with the team.
2. Practice begins Monday, March 17th. Athletes will need to be changed out and report to their check in spot by 4:15pm dressed and ready for practice.
3. All athletes need to come to practice every day prepared to be outside rain or shine. Being readily prepared with sweatshirt and sweatpants, or a wind- breaker are recommended. Athletes who are not properly dressed may not be able to practice that day.
4. ASD requires all athletes to have 10 practices before they may participate in a meet. Our first meet is Monday, April 7th, meaning we have 15 practice days before our first meet. If 10 practices aren't met before the first meet the student-athlete will be deemed ineligible.
5. Practice each day ends by 5:30 p.m. **All students should be picked up no later than 5:45 p.m.** Failure for student-athletes to be picked up before 5:45 pm will be issued two formal warnings before further action could be taken, which may result in dismissal from the team.
6. Athletes must be at practice the day before a meet to participate in the meet. Meet lineups are made based on attendance at the pre-meet practice. Exceptions may be made if you prearrange your absence with your attendance coach.
7. The entire team participates and attends all the meets. Each athlete is eligible for a max of 3 events they can participate in. Athletes will be informed prior by their coach on which event they will be competing in.
8. There are 14 events in a track meet. We have unlimited entries in the 800 and 1600, but limited entries in all other events. Certain events tend to be more popular and are requested more often than others. We will consider athlete preferences when setting up meet lineups, but the final decision about the event is designated to the coaching staff.



*Goldenview Track & Field Expectations & Season Overview*

9. If an athlete is entered in an event, he or she is expected to compete in that event. In the case of an injury, athletes should consult with a member of the coaching staff. Any athlete who skips or trades an event without consulting a coach may be held out of the following meet.

10. Athletes may leave an away meet with their own parent or guardian only, **but MUST ride the provided transportation to the event.** Students may get a ride home from another parent after practice, from home meets, or after the bus has returned to Goldenview. **Parents must also sign out their son or daughter when taking them home from an away meet.**

11. The championship meet at the end of the season and outlined in the provided schedule. Athletes will be selected to participate on the basis of sportsmanship and their ability to help our team win.

12. Track and Field is a school activity. Students are expected to follow the same rules and expectations for behavior that they do during the school day.



## **2025 Goldenview Track and Field Meet Schedule**

*\*Meets may be moved or cancelled depending on the availability of tracks at host schools.*

**Monday, April 7th:** Goldenview vs. Wendler & Clark @ The Dome 6:00 p.m.

**Tuesday, April 15th:** Goldenview vs. Central & Girdwood @ The Dome 6:00 p.m.

**Monday, April 21th** Goldenview vs. Begich @ Begich 6:00 p.m.

**Thursday, May 1st** Goldenview vs. Romig & Girdwood @ Goldenview 6:00 p.m.

Championship/Cities Meet: *(Athletes will be informed whether they are competing in championships by May 2nd.)*

**Monday, May 5th:** 1:30 p.m. @ Begich Middle School

### ***Events:***

Prelims: 75 hurdles, 100, 200, 400

Finals: Triple Jump, 7th High Jump, 7th 1600, 8th 800

**Tuesday, May 6th:** 1:30 p.m. @ Mears Middle School

### ***Events:***

Remaining Field Events

**Thursday, May 8th:** 1:30 p.m. @ Romig Middle School

### ***Events:***

All remaining running events



## **ASD Middle School Track and Field Events**

### **Sprints:**

- 100 meter dash
- 200 meter dash
- 400 meter dash
- 4x100 Relay
- 4x200 Relay

### **Distance:**

- 800 meter
- 1600 meter (1 mile)
- 4x400 Relay

### **Hurdles:**

- 75 Meter hurdles

### **Jumping:**

- Long Jump
- Triple Jump
- High Jump

### **Throwing:**

- Shot put
- Discus



*Goldenview Track & Field Expectations & Season Overview*

**Please sign this page and return it to your attendance coach:**

We have read, understand and agree to follow the Goldenview Track Team expectations.

Print student name \_\_\_\_\_

Student signature \_\_\_\_\_

Parent signature \_\_\_\_\_

**Parent/Volunteer Sign-Up**

In order for our home meet on May 1st to run smoothly, we need the help of our families! Please see below on which events will need more hands on deck:

Long Jump/Triple Jump: 6 volunteers

Shot-put/Discuss: 6 volunteers

High Jump: 4 volunteers

Relays: 4 volunteers

*If you would like to help, make our home meets run smoothly please fill out the information below.*

Name:

Event:

Email: