

Goldenview Track & Field Expectations – 2024
ASD Track Website: www.asdk12.org/activities/middle/track.asp

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 activities fee before they may begin practicing with the team.
2. **Practice** begins Monday, March 4. All practices begin in the gym at 3:00 sharp. Athletes are expected to be dressed and ready to work out at that time. Those coming to practice late without a valid excuse may not be allowed to practice that day.
3. Every athlete must report to his or her attendance coach by 3:00.
4. No one is to use the vending machines before practice.
5. Athletes are to come to practice every day prepared to run outside. That means you should have sweatshirt and sweatpants, a hat, gloves, and a wind- breaker are recommended as well. Athletes who are not prepared may not be able to practice that day and will have to go home.
6. **Athletes must have 10 practices before they may participate in a meet.** This policy is set by ASD and applies to every school in the district. Our first meet is Thursday April 4. We have 17 practice days before our first meet.
7. Practice each day ends by 4:30. All students should be picked up no later than 4:45. If this becomes an issue we will have to look at other options.
8. **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.
9. **Meets.** The entire team participates in the first four meets. **Each athlete who attends the pre-meet practice and has 10 practices will have at least one event in the meet.** Most will participate in two events., some 3.
10. There are 14 events in a track meet. We have unlimited entries in the 800 and 1600. We can enter only a limited number of athletes in all the other events. The events are listed on the reverse side of this page. 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 events belongs to the coaching staff.
11. 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 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.**
12. **Parents taking athletes home from away meets.** Athletes may leave an away meet with their own parent or guardian only. ASD has set this policy, and it is not negotiable; please do not ask any coaches to make an exception. Students may get a ride home from another parent after practice, from home meets, or after the bus has returned to Goldenview. **Parents must sign out their son or daughter when taking them home from an away meet.**
13. The championship meet at the end of the season is competitive and will not include every athlete on the team. Athletes will be selected to participate on the basis of qualification and sportsmanship.
14. 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.



ASD Middle School Track and Field Events

Sprints

100m hurdles
100 meter dash
200 meter dash
400 meter dash

Distance Runs

800 meter run
1600 meter run

Relays

4x100 meter relay
4x200 meter relay
4x400 meter relay

Field Events

high jump
long jump
triple jump
shot put
Discus

Name the events you want in RANK ORDER of Choice

Choice 1:
Choice 2:
Choice 3:

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 _____

**** ALL TEAM COMMUNICATION WILL HAPPEN VIAREMIND app**

Send text to: 81010 , text this message @gvtf24

~all communication is direct from me to the group and you PRIVATE to me, Eric Heil , Head coach

Parent/Volunteer Sign-Up

In order for our home/host meets (2 of them, April 12 & April 27) to run we will need some Volunteers. We will need help in the following events. Goldenview HOSTS April 12 @ Dome and April 29 @ Goldenview MS Track

Long Jump/Triple Jump- 4-6 volunteers (call, measure, record, 2 pits: 1 long, 1 triple)

Shot-put/Discuss- 4 volunteers (call, measure & record)

High Jump- 2 volunteers (record & bar assist)

Relays- 4 volunteers (1 for each exchange zone)

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

Name:

Event:

and sign up for REMIND, text: 81010, message: @gvtf24.... Thank you, this is how we will communicate.

2024 Goldenview Track and Field Meet Schedule

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

Thursday April 4, Goldenview vs. Central & Wendler @ The Dome 5:30pm

Friday, April 12 Goldenview vs. Gruening & Clark @ The Dome Goldenview HOSTS, 5:30pm

Tuesday, April 16 Goldenview vs. Clark @ Clark @ 5:30pm

Monday, April 29 Goldenview vs. Romig & Girdwood @ Goldenview HOSTS @ 5:30pm

Championship Meet

Wednesday, May 1

2:00 p.m.

@ Begich

Prelims: 75 hurdles, 100, 200, 400

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

Thursday, May 2

1:30 p.m.

@ Mears

Finals: other field events

Monday, May 7

2:00 p.m.

@ West High / Romig

Finals: all other running events



All Track athletes can choose to check out a

Goldenview Team coat

for the season, March 4 -May 7.

Lost Fee \$175 for Replacement

Due back to GV May 8 ~WASHED IN COLD WATER

3/4 - practice	3/5 - practice	3/6 - Practice or dance	3/7 - NO Practice	3/10 - NO SCHOOL
3/18 - practice	3/19 - practice	3/20 - practice	3/21 - practice	3/22 - practice
3/25 - practice	3/26 - practice	3/27 - practice	3/28 - practice	3/29 - practice
4/1 - practice	4/2 - practice	4/3 - practice	Meet #1, 4/4 @ Dome	4/5 - NO practice
4/8 - practice	4/9 - practice	4/10 - practice	4/11 - practice	Meet #2, 4/12 @ Dome
4/15 - practice	Meet #3, 4/16 @ Clark	4/17 - NO practice	4/18 - Practice	4/19 - Practice
4/22 - practice	4/23 - practice	4/24 - practice	4/25 - practice	4/26 - Practice
Meet #4, 4/29 @ Goldenview	4/30 - Prelim practice	5/1 - Prelims @ Begich	5/2 - Prelims @ Mears	5/5 - Practice
5/6 Champs practice	5/7 Champs @ West			

