



Track & Field 2019 - Parent Handbook

Age Groups:

Age divisions are determined by USATF, a national organization. Age is determined by birth year and not by current age.

Age Divisions:

2011-2012, 2009-2010, 2007-2008 and 2005-2006

Attire:

Shoes:

Spikes are not necessary and will not be allowed for track meets. Athletic shoes are required. Your child will not be allowed to run or participate in open toed shoes.

Clothing:

Athletic style clothing - Dress for the weather, absolutely no jeans. Every participant will be provided with a Lehi City Track shirt. Your child is not required to wear the provided shirt for track meets but it does help the coaches identify our team easily.

Safety and Health:

Water Bottles – There are NO drinking fountains at the schools so make sure to send your child with an adequate amount of water to make it through practice.

Sunscreen

Medical Conditions - Please inform track coaches if there are any medical conditions your child may have that they should be aware of.

Concussion Policy – If your child shows any signs of a concussion, the coaches have the right to ask your child to sit out for the remainder of practice. If that is the case, a doctor's note will need to be provided for your child to return to practice. Our full concussion policy can be found on the Lehi Legacy Center website.

Practices:

Times

4:00 – 5:00 PM

Birth Years: 2011, 2012

5:00 – 6:00 PM

Birth Years: 2007, 2008

6:00 – 7:00 PM

Birth Years: 2005, 2006, 2009, 2010

Age groups

Please stay in your assigned age group for practices. It is too difficult for coaches to try and accommodate different ages/skill levels in the same practice.

Tentative Practice Outline

Monday*	Wednesday*
A: High Jump	A: Long Jump
B: Shot Put/Softball Throw	B: Javelin
C: Sprints	C: Distance
D: Sprints	D: Distance

**This may be modified a little since there are more Monday practices than Wednesdays.*

Schedule:

15 Mins. – Drills & Stretching

20 Mins. – Group A/B & C or D
SWITCH

20 Mins. – Group A/B & C or D

5 Mins. – Cool Down & Stretching

Parents

Parents are welcome to stay at practices, but please do your best to stay in the bleachers during the practices. It is an open area with a lot of kids running around.

Restrooms

There will be no restroom access during practices since the school will be closed on practice days. However, there will be restrooms available on meet days.

Weather:

Practice will NEVER be rescheduled. If a dangerous storm comes through we will seek shelter and then resume practice when the storm blows over. Parents are strongly encouraged to be at practices when weather may be an issue to provide a car for shelter for their kids. Since the school is not open during practices, we are not able to move indoors for inclement weather.

Rainout Hotline:

On practice and meet days, if there is inclement weather, the rainout hotline will be updated 30 minutes prior to the scheduled time. To find out if a practice or a meet has been cancelled due to weather, call the rainout hotline at: **801-768-7124 Option 5**. We will also send an email to the provided parent email address.

Track Meets:

Track Season Schedule

(Refer to season schedule)

Order of events

(Refer to Order of Events on the last page)

Track Meet Stickers

Each child will be able to participate in 4 events (track or field) for each meet. At the practice right before a meet (noted on the calendar) there will be a table set up for you or your child to pick up their meet stickers. You will get 4 stickers with your child's name and information.

You will write the events you want your child to participate in anywhere on a sticker. Stickers are to be placed on participant's shirt so they can give them to the recorder before their event. It is easiest to stick the stickers on the inside of your child's shirt so that they don't fall off while the runner is running.

Your child gets to pick the events they want to participate in. If they want to do all field events they can. If they want to do all running events then they can!

Registration

Registration begins 30 minutes before the meet starts. **If your child already has their track meet stickers from the practice before, they do not need to go to registration on the day of the meets.** We hand out stickers early to try to save time and chaos on meet days. If your child was not at the practice prior to the meet, there will be a table set-up near the entrance to pick up stickers. Make sure to show up during the registration time to make it easy to pick up your stickers.

Track Meet

After registration you and your child will sit in the stands until your event is called. Your child will then check in at the bull pen to get assigned for the race. The bull pen is located at the starting line for that event. *Parents: please stay in the stands but make sure your child knows where to go. Also make sure your child knows how to find you after the race.* For field events, most often they will be open pit. When your child is not racing they can go down and check in at the field event to participate. Races take precedence over field events. We can wait for your child at a field event but we will not hold up a race waiting for a runner. Remember that our track coaches will be helping to run the track meet and will not necessarily be available to help individual participants. Please make sure you are taking responsibility to make sure your child is at their events at the right time. All racing events will have a 1st, 2nd, & Final Call.

The Meets are LONG. We have 200+ children in our program alone, not including the visiting city programs. Plan on being at the track for a few hours on meet days. Also, you may want to bring lawn chairs to the meets in case we run out of bleachers.

Track Meet Safety

At track meets please keep track of your children. Keep your kids away from the starter. The gun used looks and feels like a real gun. Kids will be curious but please do not allow them to approach the starter.

Relays:

If your child wants to participate in a relay team you must sign up for every meet they want to participate in. Relays count towards one of the four events that your child may participate in at a meet. For each meet, you will sign-up for relays through Sign-up Genius: bit.ly/lehirelays. You will be asked to provide your child's; **First and Last Name, Gender and Birth Year**. When you get to the sign-up page, find your child's birth year and Sign Up for a team that has an open spot.

The Relay sign-up days are:

- **April 29th** for the May 1st Intersquad Meet
- **May 8th** for the May 11th Pleasant Grove High School Meet
- **May 13th** for the May 14th Westlake High School Meet
- **May 20th** for the May 21st Skyridge High School Meet
- **May 29th** for the June 1st Regional Meet @ Mountain View High School

Participants may run with participants from other age groups. But, the whole group has to compete in the age group of the oldest runner on the team.

You will get a confirmation email when you sign-up for a relay and we will also email a list of the relay teams/team names out on the day of the meet. Once you have your child's team name, write the team name on one of your child's meet stickers. If your child decides they want to run a relay after the sign-up date, they can be added to the substitution list at the registration table at the meet. If a spot becomes available, we will contact the parent.

Eligible Events by Age Group:

Birth Year	2011 – 2012	2009 – 2010	2007 – 2008	2005 – 2006
50 Meter	X			
100 Meter	X	X	X	X
200 Meter	X	X	X	X
400 Meter	X	X	X	X
800 Meter	X	X	X	X
1600 Meter		X	X	X
4 x 100 Meter Relay	X	X	X	X
Shot Put			X	X
Softball Throw	X	X		
Discus			X	X
Javelin	X	X	X	X
Running Long Jump			X	X
Standing Long Jump	X	X		
High Jump			X	X

Track Meet Results:

Please allow up to 4 business days for results to be posted for the Lehi Track Meets. Results will be posted on www.quickcores.com/lehi. You will receive an email when the results are posted. The results from a meet that was held in a different city will be posted as soon as they are emailed to the coordinators.

CUTFA Regional Invitational:

Qualifications

All participants are eligible to participate in Regionals. This will be run just like our meets throughout the season. It will just be on a larger scale and last longer.

Date & Location

The regional meet will be held on Saturday, June 1st at Mountain View High School. The field events start at 10:00am and the running events start at 10:30am so registration for this meet will be at 9:30am.

Awards

Awards will be given for 1st-6th place at this meet. At the end of the meet, we will be given a box of awards for everyone from Lehi. The awards will be handed out at our end of season Popsicle party. There will not be an awards ceremony at regionals.

End of Season Popsicle Party:

On the last day of the regular season, we will have a popsicle party. We will have some activities involving water and/or track games for everyone to participate in. We will have popsicles and hand out the awards from the regional invitational. The party will be held at:

Lehi High School on June 5th @ 5:00pm for all participants.

State URPA Track Meet:

Qualifications

The top 2 finishers in each category from the regional invitational will advance to the state track meet. After the regional meet on June 1st, you will be notified via email to let you know that your child has qualified.

Date & Location

The state track meet will be held on June 15, 2019. The meet will be held at Layton High School in Layton this year. The time is TBD. You will be notified as soon as the information is made available.

Events NOT INCLUDED for State Track Meet in 2019

This year, the state meet will not include events for Shot Put or Discus. They will include a softball throw event for participants with a birth year; 2009, 2010, 2011, 2012. This will be equivalent to our shot put. The coaches will practice the softball throw with the kids during the season.

Email Alerts:

This year we will be using email only to send out notifications to parents/guardians. Make sure to check your email frequently. If you need to add or change your provided email address, contact Brittany (Contact information below).

Contact Us:

Brittany Crumback

Recreation Leagues Manager

385-201-2312

bcrumback@lehi-ut.gov

Rainout Hotline:

801-768-7124 Option 5

**Central Utah Track & Field Association - 2019
Order of Running Events**

1600m

(2009-2010, 2007-2008, 2004-2006)

4x100m relay

(2011-2012, 2009-2010, 2007-2008, 2004-2006)

100m

(2011-2012, 2009-2010, 2007-2008, 2004-2006)

50m

(2011-2012)

400m

(2011-2012, 2009-2010, 2007-2008, 2004-2006)

800m

(2011-2012, 2009-2010, 2007-2008, 2004-2006)

200m

(2011-2012, 2009-2010, 2007-2008, 2004-2006)

4x400m relay

(2011-2012, 2009-2010, 2007-2008, 2004-2006)

Field Events will be going on throughout the meet.

Shot Put

(2007-2008, 2004-2006)

Discus

(2007-2008, 2004-2006)

Javelin

(2011-2012, 2009-2010, 2007-2008, 2004-2006)

Standing Long Jump

(2011-2012, 2009-2010)

Running Long Jump

(2007-2008, 2004-2006)

High Jump

(2007-2008, 2004-2006)