



Track & Field 2022 - 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:

2014-2015, 2012-2013, 2010-2011 and 2008-2009

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. *(Shirts will be handed out at the April 27th Practice or at the meet on May 2nd)*

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:

All Practices will be held at Willowcreek Middle School (2275 W 300 N, Lehi)

Times

4:00 – 5:00 PM

5:00 – 6:00 PM

6:00 – 7:00 PM

Please stick to the practice time that you originally signed up for during registration. We have to make sure we keep the coach to runner ratio.

Tentative Practice Outline

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

**This may be modified a little since there are more Wednesday practices than Mondays.*

Schedule:

10 Mins. – Drills & Stretching

15 Mins. – Group A or B or C
SWITCH

15 Mins. – Group A or B or C
SWITCH

15 Mins. – Group A or B or C
SWITCH

5 Mins. – Cool Down & Stretching

Practice Groups

This year we will be separating each of the practice times into 3 coach groups. They will be assigned to their group so they know where to start at each practice. We will also keep the coaches assigned to the same group for each practice. This will help the kids to get to know other kids at practice and will help the coaches to get to know the names of the kids too!

Parents

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

Restrooms

We will have a Honey Bucket at Willowcreek this year! It will be located by the tennis courts and will be open during all practices/meets at Willowcreek.

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. Make sure to check your email first!

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 the 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 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 250+ 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 clear 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. The sign-up can be found at www.quickscores.com/lehi 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 27th** for the May 2nd Intersquad Meet @ Willowcreek School
- **May 9th** for the May 11th Westlake High School Meet
- **May 18th** for the May 23rd Pleasant Grove High School Meet
- **May 25th** for the May 26th Lehi High School Meet
- **June 1st** for the June 4th Regional Meet @ Lehi 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.

This year the relays will all be at the end of each meet. Only sign up for relays if you are planning to stick around until the end of the meet!

Eligible Events by Age Group:

Birth Year	2014 – 2015	2012 – 2013	2010 – 2011	2008 – 2009
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 4th at Lehi High School. The field & running events start at 10:00am 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:

Willowcreek Middle School on June 8th @ 5:00pm for all participants.

CURPA Championship Track Meet:

This year we will not hold a CURPA Championship Track Meet. The final meet of the season will be the CUTFA Regional Invitational.

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

Sports Office Line:

385-201-2305

**Central Utah Track & Field Association - 2022
Order of Running Events**

1600m

(2012-2013, 2010-2011, 2007-2009)

100m

(2014-2015, 2012-2013, 2010-2011, 2007-2009)

50m

(2014-2015)

400m

(2014-2015, 2012-2013, 2010-2011, 2007-2009)

800m

(2014-2015, 2012-2013, 2010-2011, 2007-2009)

200m

(2014-2015, 2012-2013, 2010-2011, 2007-2009)

4x100m relay

(2014-2015, 2012-2013, 2010-2011, 2007-2009)

4x400m relay

(2014-2015, 2012-2013, 2010-2011, 2007-2009)

Field Events will be going on throughout the meet.

Shot Put

(2010-2011, 2007-2009)

Discus

(2010-2011, 2007-2009)

Javelin

(2014-2015, 2012-2013, 2010-2011, 2007-2009)

Standing Long Jump

(2014-2015, 2012-2013)

Running Long Jump

(2010-2011, 2007-2009)

High Jump

(2010-2011, 2007-2009)