



TRACK CLUB

2023 Parent Track Information



Event Ages Divisions will be grouped as follows for 2022 Season

- Born in 2015-2016
- Born in 2013-2014
- Born in 2011-2012
- Born in 2006-2010

Dress/Water

- Please come to practices and meets in workout attire and athletic shoes.
- Dress for the weather.
- Track Club T-shirt - Coaches will hand out as soon as they arrive.
- Wear PG Rec Team T-shirt to meets (helps coaches recognize team members) T-shirts should be here by 1st meet.
- Please no open toed shoes or no bare feet.
- Spikes are allowed at all CURPA track meets...
- Please bring "marked" water bottles... to all practices and meets.

Practices

- **Practice drop off and pick up location: Southeast side of the Jr High School, by tennis courts behind the school.**
- **Practices will be held at PLEASANT GROVE JR HIGH TRACK, 810 N. 100 E.**
- Practices will be held on the scheduled Mondays and or Wednesdays from 5:30 to 6:30 p.m. (*see Season Track Schedule*)
- Parents, please have participants to practices on time. Practices will start on the hour...
- Be there to pick up your child from practices 10 to 15 minutes before practice ends! Our coaches have other commitments to get to and would appreciate your willingness to be there on time to pick up your child.

Track Meets

- Coaches will be at meets 30 minutes before start time to hand out participant labels.
- Participants will receive four labels with their name, birth year, gender and city listed.
- If you are participating in the relay... it counts as one of your events.
- Have participants stick all 4 labels on right or left chest.
- Each participant chooses their events for the meets. They can all be running events or all field events or a mixture of both. Parents please know before the meet, the events your child is wanting to participate in and make sure they get to their event when it is called.
- If your child is in line for a field event and their running event is called, have them leave their field event and go participate in the running event. They can then return to their field event.
- REGIONAL INVITATIONAL MEET- All registered participants are invited to this meet.

Order of Events

- All Meets will follow order of events and by **birth year** listed. (If you are still unsure of the events your child can participate in... please see "order of events" and note birth years listed under each event.) i.e.,
 - Standing Long Jump - Event is for the 2 Younger Divisions only
 - Running Long Jump – Event is for the 2 Older Divisions only
 - High Jump - Event is for the 2 Older Divisions only
 - Shot Put, Discus - Events are for the 2 Older Divisions only

- 50M Youngest Division Only
- Parents are responsible for knowing & listening for their child's event.
- At track meets please keep track of your children.
- Most coaches will be helping with events. It is your responsibility to get them to where they need to be.
- With all the teams attending the meets... parents please stay off the field and in the bleachers.
- When your child's running event is called please send them to the bull pen (usually by the starting line). They will be assigned to a heat for the race.
- Meets should have an announcer that announces 1st, 2nd, & last call for each event and age group.
- "First call, for girls 2013-2014 400 Meter run"

Relays

- If your child wants to participate in a relay, they MUST be signed up by "THE PRACTICE BEFORE THE MEET"---
- If your child is signed up for a relay team and is not going to attend the meet, please let the coach or coordinator know. We will then try to fill the spot(s) with "alternate" participants.
- Relay signup deadlines are – "THE PRACTICE BEFORE THE MEET"
- Make sure that sticker of last runner of each relay team has all four relay team members names on it.
- No new relay groups will be formed at the meets.
- Relays only--- Participants may run with participants from other age groups, if that happens the whole team has to compete in the age group (BIRTH YEAR) of the oldest runner.
- Team names will be assigned for each relay team. Throughout the season teams will differ.
- 4x100 meter relay will be held last in the running events this season.

Jumping & Throwing Events

- There will be no "run throughs" once the meet starts.
- All participants need to be warmed up and ready to go when the meet starts.
- Shot put, discus, javelin --Each participant will throw three times and then the longest two throws will be measured (2nd measurement is for the tie breaker if needed).
- High jump -- three tries per height at the high jump.

Track Meets/ Regional Invitational Meet

- Tri city Meets and Regional Invitational Meet --- FOR ALL PARTICIPANTS!
- Track Meets – 3 to 4 Cities attending
- Regional Invitational – Up to 5 Cities attending
- Meet results will be posted as soon as they are emailed to us from the host city.
- Results posted on quickscores.com/plgrove under Youth Sports – Track Club
- Awards not given for tri-city meets
- Regional Invitational Only– Awards will be given for 1st – 6th place. (medals to 1-3 and ribbons to 4-6)
 - If you placed, please don't wait for your award, awards will be given to Coach and coach will be handing them out at the last Awards/fun Game Day of the season.
 - The last Awards/fun Game Day will consist of fun games and treats. Coaches will then hand out awards from the regional invitation.

Parent Help at Local Meets

- We are always looking for help at meets. (Timing, measuring and other jobs to help make the meets run smoothly and efficiently.
- Please let Coach or Program Coordinator Kylee know if you are interested in helping: kallen@pgcity.org