



# Provo Parks & Recreation

## Track & Field - Parent Handbook

### Age Groups:

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Age for track & field is determined by birth year and not by current age.

#### Age Divisions:

2014-2015, 2012-2013, 2010-2011 and 2007-2009

### Attire:

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#### Shoes:

Spikes are not necessary and will not be allowed for any 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 Provo 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:

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**Water Bottles** – Please make sure your child has adequate amounts of water to get through all practices and meets. Options to re-fill your child's water bottle may not exist or might be limited.

**Sunscreen** – Please make sure your child is applying sunscreen as needed at practice to avoid any burns during practice.

**Medical Conditions** - Please inform track coaches if there are any medical conditions your child may have.

**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 [www.quickscores.com/provo](http://www.quickscores.com/provo) website.

### Practices:

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#### Times

5:00-6:00 PM

Birth Years: 2007, 2008, 2009, 2014, 2015

6:00-7:00 PM

Birth Years: 2010, 2011, 2012, 2013

#### 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.

## Parents

Parents of children under the age of 8 are asked to please stay at practice for the duration. All are welcome to stay at practices, but please do your best to stay in the bleachers.

## Restrooms

There could be limited restroom access during practices since the school will be closed on practice days. However, there will be restrooms available on meet days. The buddy system is required.

## Weather:

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Practice will NEVER be rescheduled. If a dangerous storm comes through we will seek shelter and then resume practice when the storm blows over. All 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 usually 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 canceled due to weather, call the rainout hotline at: **(801)-852-6629**

## Track Meets:

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### Track Season Schedule

Mondays and Wednesdays Practices

May 2<sup>nd</sup> – Intrasquad Meet @ Provo High School @ 5:00pm

May 9<sup>th</sup> - Track Meet @ Provo High School @ 5:00pm

May 25<sup>th</sup> – Track Meet @ Orem @ 5:00pm

### 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 sticker. You will get one sticker that will track all 4 events your child participates in.

Your child gets to choose 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. We hand out stickers early to try to save time on meet days. Arriving early will help you take care of registration and provide your child with some time to stretch.

### Track Meets

After registration, you and your child will sit in the stands until your event is called. Your child will then check-in at the bullpen to get assigned to the race. The bullpen 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 1<sup>st</sup>, 2<sup>nd</sup>, & Final Call.

You may want to bring lawn chairs to the meets to sit in something more comfortable.

### **Track Meet Safety**

At all meets please keep track of your children. Coaches will be helping with events and will not be responsible to make sure your child is at their event. Keep your kids away from the starter. The gun used looks and feels like a real gun.

## **Relays:**

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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. Please provide; **First and Last Name, Gender, and Birth Year**. You can sign up in one of the following ways:

1. Sign the clipboard that is at the check-in table (the practice BEFORE a meet).
2. Email Hailey at: [provocitytrack@gmail.com](mailto:provocitytrack@gmail.com) by the deadline

The Relay sign-up deadlines are:

- **April 27<sup>th</sup>** for the May 2 Intrasquad Meet
- **May 4<sup>th</sup>** for the May 9<sup>th</sup> Provo High School Meet
- **May 23<sup>rd</sup>** for the May 25<sup>rd</sup> Orem City Meet
- **June 8<sup>th</sup>** for the June 11<sup>th</sup> Regional Meet.

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.

Once you know what team your child will run on. Once you have been notified of your child's team name, write the team name on one of your child's meet stickers.

## **Track Meet Results:**

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Please allow up to 4 days for results to be posted for the Provo Track Meets. Results will be posted on [www.quickscores.com/provo](http://www.quickscores.com/provo). The results from a meet that was held in a different city will be posted as soon as they are emailed to the coordinators.

## **Central Utah Track & Field Association Regional Invitational:**

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### **Qualifications**

All participants are eligible to participate in this invitational. 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 final meet will be held on Saturday, June 11<sup>th</sup> at Wasatch High School (930 S. 500 E., Heber) Field events start at 10:00 AM and running events will start at 10:30 AM, with registration for this meet starting at 9:30 AM.

## **Awards**

Awards will be given for 1<sup>st</sup>-6<sup>th</sup> place at this meet. The awards will be handed out the day of this meet.

## **End of Season:**

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At the last practice we will have some activities for everyone to enjoy. The last practice will be held at: **Provo High School on June 8<sup>th</sup> @ 5:30 PM for all participants.**

## **Volunteers:**

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If you or a family member would like to help at a track meet please add your name to the volunteer sign-up sheet at the link attached:

[https://docs.google.com/spreadsheets/d/1BOInM8o\\_iwOetqhp\\_G864C8qdXVgulwY1-pxKsmwl4A/edit#gid=0](https://docs.google.com/spreadsheets/d/1BOInM8o_iwOetqhp_G864C8qdXVgulwY1-pxKsmwl4A/edit#gid=0) The dates to volunteer are: May 2<sup>nd</sup> & May 9<sup>th</sup>. These are the dates that track meets will be held at Provo High School.

## **Email Alerts:**

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Much of the communication for this program will be done through email. If you receive an email letting you know that your child has been assigned to a relay team, make sure to confirm the spot. If we need more runners to do relays, we will send out another message. The first parent to respond will get the spot.

## **Track Contacts:**

**Recreation Coordinator** Abby Owens

**Head Track Coach** Hailey Pistorius

## **How to Contact:**

801-852-6603

[aowens@provo.org](mailto:aowens@provo.org)

[provocitytrack@gmail.com](mailto:provocitytrack@gmail.com)

# 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

(2013-2014)

### 400m

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

### 800m

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

### 200m

(2014-2015, 2012-2013,

### 4x100m relay

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

### 4x400m relay

(2014-2015, 2010- 2011,  
2007-2009, 2004-2006)

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)