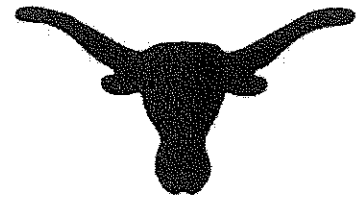


# Basalt Track & Field 2018

## 2018 BMS Track Schedule

- March 20<sup>th</sup> First Practice week 3:30-5pm T,W,TH
- March 22<sup>nd</sup> Track Clean up
- March 26<sup>th</sup> - 30<sup>th</sup> Spring Break (no practice)
- April 14<sup>th</sup> @ Coal Ridge High School
- April 21<sup>st</sup> @ Glenwood High School
- April 28<sup>th</sup> @ Basalt High School
- May 5<sup>th</sup> @ Rifle High School (PEG League Championships)

Basalt



## Track & Field

**Coaches:** Jake Allen, Kelly Mitchell, Melissa Goodman, Noel Gannett, Carl Frerichs, (Andrew Karow)

### Participation Requirements:

To participate as a member of the BMS Longhorn track & field team a **physical**, performed within the last year, must be on file at BMS. Participants must also pay the **\$50 athletic fee** to cover equipment, transportation and coaching. Students must also be **academically eligible** to participate in competition.

### Equipment:

Participants should have quality athletic shoes, preferably a running specific shoe. Racing spikes are not required. We have team spikes that can be worn for races. Participants will also need to provide their own shorts for meets.

Shorts can be of any brand, but should be solid black without large logos. Warm athletic type warm-up pants and jacket are recommended for practice, school issue warm-ups will be provided for meets. A water bottle and any other necessary items should be brought to practice each day.

### Expectations:

The track & field season is very short, in order to perform at your best you will be expected to run, stretch and exercise. You will be provided with workouts to prepare you for the first full week of practice and you may also be asked to run on your own over the weekends. Not all events require athletes to run great distances, but a general level of fitness is necessary. You will be expected to be at practice each day by 3:30 until 5:00 pm, warm up with the team and stretch each day as a team. If there is a conflict, please inform coaches. In the past BMS has had very large teams and competition in each event will be determined by level of commitment, effort, and academic eligibility. Athletes will be required to attend Homework Help on Wednesdays before practice begins.

### Home Track Meet:

We host a track meet at the Basalt High School that is attended by over 12 different schools and is a fundraiser for our track team. This year we hope to earn money for new uniforms. We ask as many parents who are able to, to please volunteer at the meet to help us make it successful. There are many different positions that need to be filled and we will start filling them after the first week of practice. It's a really fun event that is enjoyed by all and athletes get a chance to show their talent in their own backyard!

## Event Summary

100 Meter Low Hurdles (Short sprint, with hurdles)

1600 Meter Run (The mile, 4 laps)

200 Meter Low Hurdles (Longer hurdle race, ½ lap)

100 Meter Dash (Short sprint, ¼ lap)

400 Meter Dash (1 lap)

4x100 Meter Relay (Relay, each person runs 100m, ¼ lap)

800 Meter Run (1/2 mile, 2 laps)

200 Meter Run (1/2 lap, sprint)

Sprint Medley Relay (100, 100, 200, 400) (Relay, with various distances)

Shot Put (Throwing events, heavy ball)

Discus (Throwing event, heavy disc)

Long Jump (Jumping event, jump for distance into sand)

High Jump (Jumping event, jump for height onto a soft mat)

