

What events does Track and Field have?

- Running Events
 - 1600 M
 - 800 M
 - 400 M
 - 200 M
 - 100 M
 - Hurdles
 - 4x100 M Relay
 - 4x200 M Relay
 - 4x 400M Relay
- Field Events
 - Discus
 - Shot Put
 - Long Jump
 - High Jump
 - Pole Vault
 - We do not practice pole vault at KJHS. Athlete who are interested in pole vault must work with an independent gym, such as the Flying Dragons in Normal. Please contact a coach for more details!

How many events can an athlete compete in?

An athlete may compete in any 4 running or field events at a meet with one exception. Athletes may compete in two relays, but one must be the 4X400 M relay (i.e. they cannot compete in both the 4X100 M relay and 4X200 M relay).

How does an athlete pick an event?

We encourage athletes, especially those new to the sport, to try all the events, which allows them to see what they enjoy and what they succeed at. At the beginning of the season, we will host time trials. All athletes will run, jump, or throw in all events and their times and marks will be recorded. Their times and marks will be used to help us as coaches determine what events to place athletes in at meets as well as to pick the travel squad. See below for information on the travel squad and how it is chosen.

Are there tryouts?

Due to the large number of students who try out for track we have to make cuts. Cuts will be based on the time trials in the month of March. All athletes who would like to participate are welcome and are encouraged to try different events. We ask that athletes come to practice with a positive attitude and a willingness to improve no matter their speed, jumping, throwing or endurance level. The final roster will be posted the week of Spring Break if not before.

How does my child join the team?

The student must be registered to participate using the Kingsley [8to18 athletics website](#). Click on REGISTRATION to start the process.

- Sports Physical from your child's doctor
 - physicals are good for 395 days from the date of the physical)
- Copy of your child's Birth Certificate
- Athletic Fee

- \$85.00 per athlete per sport – will be added to your student’s fees after cuts
- **The Athletic Fee must be paid prior to the first meet!**
- Checks can be made payable to KJHS or you may pay the fee using your Infinite Campus account

After you have obtained a gold slip, you are now eligible to practice and try out for the team.

PLEASE NOTE: Coaches will not be collecting physical forms, birth certificates, or athletic fees!

What equipment does my child need to compete in track?

You will need a good pair of **running shoes**. Shoes that properly support your body will mean less injuries down the road. Often Running is a great resource to be fitted for shoes. If you tell them you run for KJHS, you should receive a discount on your shoes.

Some athletes choose to wear **spikes** at a meet. Spikes are not required, but they are recommended. Athletes may race in regular running shoes. Spikes are a lighter weight racing shoe with metal or plastic spikes in the bottom to help with traction.

Your athlete will need **black shorts** to compete in meets. The spirit wear order will allow you to order a pair of uniform shorts, which are a shorter style. You may choose to wear your own pair of black shorts as long as they are plain black. The shorts may not have stripes, but a simple logo is okay (Nike, Adidas, etc.).

Your athlete will need a **water bottle** for practice and meets. After athletes leave the KJHS building, they will not be allowed back in. However, athletes need to bring their own water bottle and fill it prior to practice or a meet.

Your athlete will need **weather appropriate clothing**. We will run outside in the rain, heat, cold, etc. We will cancel practice if the weather is unsafe (i.e. too hot or lightening) or choose to move practice inside. Athletes should be prepared to run outside every day. As the weather gets colder, we recommend black dry fit items, such as running tights or a long sleeve, to keep your athlete warm. At meets, athletes may wear items such as tights or a long sleeve under the uniform. However, race officials may require athletes to wear a similar color under their uniform, which is why we recommend black.

You will have the opportunity to purchase a **spirit wear** items (t-shirt, hooded sweatshirt, etc.). The spirit wear items are not mandatory. We will e-mail the Google group and post information to our website with order details.

You will also have the opportunity to purchase a **uniform top** (approximately \$13). You will be provided with an online order form which allows you to order the uniform top. If you choose not to purchase a top, we will ensure your athlete has a uniform top to race in at meets!

PLEASE NOTE: Each year the uniform top and shorts design remain the same. The company we order from may vary, but if you have a uniform from prior years, a sibling, etc., you do not need to purchase another one. The uniform top is the same for both cross country and track. If you ran cross country, there is no need to purchase a track uniform top too.

Where are practices held?

Prior to every practice we will meet in Arends Gym (Small gym) unless you are notified otherwise. Every practice will end at the KJHS track. We may sometimes leave the KJHS campus for practice, but we will return by the end of practice. If we leave KJHS campus,

Coaches and volunteers run with the athletes in order to ensure everyone's safety and to ensure no one gets lost.

How will I know about changes to practice, meets, etc.?

The track website will be updated with information as soon as possible. You may also receive a school reach call indicating a meet or practice has been cancelled. However, we strongly recommend joining our track Google group. It allows us as coaches to contact parents as soon as a change happens and keep you up to date on practice, meets, and any other events.

Who competes at meets?

There are four teams for track – 6th/7th grade girls, 6th/7th grade boys, 8th grade girls, and 8th grade boys. There are a limited number of spots per event per team for each meet. Not all athletes will compete at every meet due to meet entry limitations and bus size limitations. We will ensure all athletes (as long as they are eligible) will compete in 1-2 meets. Athletes selected to compete in the meet will be considered a part of the travel squad for that meet. The travel squad can and will change with each meet! See the next question for additional information.

For SMALLER MEETS:

Typically smaller meets will be 2-3 teams and will allow us to bring additional athletes (usually 4 per open event) for each team. These meets are usually held during the week. We will take additional athletes whenever possible!

For LARGER MEETS

Larger meets can have anywhere from 5-15+ teams. These meets are typically held on a Saturday. These meets are strict with the number of athletes we may enter – there is no flexibility to bring additional athletes!

How is the travel squad chosen?

The travel squad is chosen by coaches based on an athlete's times/marks in time trials or from recent meets. The top two times/marks will not always be the athletes competing in the events. We will consider athlete's interests when placing them in events. However, occasionally as coaches we challenge athletes to compete in an event because as a team we need them to compete in that event or we feel they can have success in that event. Also, an athlete may have the fastest time in the mile, but if they are already in 4 other events they can't be placed in that event.

Note that if an athlete feels he/she is better than an athlete chosen for the travel squad, he/she may challenge for the spot on the travel roster. See below!

How can my athlete challenge for a spot on the travel squad?

Athletes may notify coaches at the beginning of practice who they would like to challenge and for what spot on the travel roster (i.e the 100). Coaches will then have the two athletes compete in that event. Whoever has the better time/mark will get the spot on the travel squad. For example, if an athlete feels he/she has a faster time in the 100, he/she picks someone to challenge from the travel squad and they will race a 100. Whoever wins the race, wins the spot on the travel squad.

Occasionally, coaches will call a challenge to determine who will be placed on the travel squad. Coaches will also occasionally delay a challenge. Depending on our plans for practice, we may not allow a challenge to happen that day. We may move the challenge to a later practice.

How are meets run?

Unless otherwise stated, all meets will have girls run all events first while boys are compete in field events. After the conclusion of girls running events, boys will begin their running events and girls will compete in their field events.

Unless otherwise noted, all running events will be completed in this order:

- Hurdles
- 100 M
- 1600 M
- 4X200 M Relay
- 4X100 M Relay
- 400 M
- 200 M
- 800 M
- 4x400 M Relay

How will I know when my child is competing in a meet or what event(s) he/she is competing in?

We will post information on our “Meet Information” page that will indicate which athletes will be on the travel squad for each meet. The “Meet Information” page will also let you know what event(s) your child is competing in. The same information will also be posted in the cafeteria at KJHS. We will try to post this information at least 2 days prior to the meet.

Please note you should always check each team’s roster. Athletes from the 6th/7th grade squad can run in the 8th grade events. At some meets if there is an open 8th grade spot, we will run a 6th/7th grader in the spot.

How are meets scored?

Typically only our larger meets will be scored. Each place for overall finishers 1-8 has a point value assigned to it:

1st – 10 points

2nd – 8 points

3rd – 6 points

4th – 5 points

5th – 4 points

6th – 3 points

7th – 2 points

8th – 1 point

The team with the most points wins. Runners also have the opportunity to win medals or ribbons on an individual basis. Depending on the meet, the host may offer ribbons to the top 8 finishers and team trophies for the top 3 teams. Runners have the chance to have success both on an individual basis and as a team.

We focus on the end of the season and not necessarily team results at the beginning of the season. We want to see our athletes achieving their best times at the end of the season. We encourage athletes to focus on improving their times and marks throughout the year. Our goal for the end of the year is to qualify as many athletes for state as possible as well as to bring home individual state medals and team state trophies!

How does my athlete get to/from meets?

Athletes will ride a bus to and from meets. The exception is when we have a meet that is in Bloomington Normal. If it is a school day and an in town meet, there will be a bus to the meet, but no bus home. Parents will be responsible for picking up their athlete at the meet location. If it is a Saturday and an in town meet, there will be no bus. Parents will be responsible for dropping off and picking up their athlete at the meet location. Information about if there is a bus to/from meets will be posted on the “Meet Information” page of our website.

Athletes will miss class from time to time in order to attend meets. We will post the bus time on the “Meet Information” page of our website approximately 2-3 days before the meet. Athletes will be dismissed from class approximately 15 minutes prior to the bus time.

It is the student’s responsibility to communicate with her/his teachers on class they will be missing. They may need to turn an assignment in early, take a quiz early, etc. in order to ensure they remain eligible.

The bus will leave from KJHS and drop students off at KJHS at the south end of the building in the bus lane.

Does my athlete have to ride the bus back to KJHS?

No. You may bring your runner home from an away meet, please check out with a coach prior to leaving the meet! We do check to make sure we have everyone before leaving a meet and checking out with a coach saves us a lot of time and worrying!

If your athlete would like to ride home with a friend’s parent, we **must have a note**. It’s a school policy and there is no flexibility. If we let your athlete leave, he/she did not have your permission, and something happened, it becomes a liability issue for the school.

What is eligibility and how does it work?

Our athletes are students first and athletes second! The school runs eligibility reports on a weekly basis and they are given to coaches indicating students who are not completing satisfactory work in the classroom.

If you are ineligible, you **may not** compete in meets for the week and may not ride the bus to meets. An athlete may still attend practice if his/her parents are okay with the athlete attending. If athletes or parents would prefer their student stay home to work on grades, we fully support that decision!

See our "Track Rules & Policies" document (in the document library on the home page) for more information on eligibility.

Are there other rules besides eligibility?

Yes. Additional expectations are outlined in our "Track Rules & Policies" document located in the document library on the home page.