

ELKS TRACK & FIELD 2019

A Parent's Guide to Track & Field

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| Brian Gilbertson | Head Boys Coach (Boys and Girls Distance) |
| Russ Gnan | Head Girls Coach (Girls Sprints) |
| Brenda Holmgren | Boys and Girls Hurdles |
| Dave Anderson | Boys and Girls Discus |
| Wayne Becklin | Boys and Girls Shot Put |
| Paul Gill | Boys and Girls Pole Vault |
| Bill Martell | Boys and Girls Long Jump/Triple Jump |
| Cory Hund | Boys Sprints and Girls Long Jump/Triple Jump |
| John Auel | Boys and Girls High Jump/ Hurdles |
| Hope Fangel | Boys and Girls Sprints/Jumps/Relays/Hurdles |

Volunteers

Billy Juarez
Cory Warner

Girl's Head Coach: Russ Gnan
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Boy's Head Coach: Brian Gilbertson
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Web-site: www.elkrivertrack.org

Twitter: [@ElkRiverTrack](https://twitter.com/ElkRiverTrack)

Facebook: Elk River Track Stars

Which meets will I be in?

The following is a list of the meets we will compete in this year and the criteria generally used for determining the athletes who compete in each meet. Read the criteria of each meet to determine if you will be competing. Poor attendance or injury concerns can change athlete eligibility.

March 23 St Johns Indoor Time Trial

This is a boys and girls time trial, some field event limitations.

March 29 Mounds View Indoor Meet @ Bethel University

This is a boys and girls meet, most will be able to compete here, some field event limitations.

March 30 Mankato Indoor Select Meet

This meet requires you hit a qualifying mark from last year. We will take boys and girls achieving the qualifying standard.

April 4/5 Blaine Outdoor or Foley Indoor

This meet is tentative, waiting upon approval. Everyone will be able to compete. Dual meet with Blaine depending on weather.

April 9 Elk River @ Osseo

Unlimited Meet

April 12 Sartell Invite @ Sartell

Unlimited meet.

April 16 Elk River @ Andover

Unlimited Meet.

April 25 9th and 10th Grade Meet @Centennial

Unlimited Meet. JV may/may not be allowed to compete TBD.

April 26 Hamline Elite Meet

This is a very competitive qualifying meet. You must currently be among the top athletes in the state thus far to get invited to this meet. The entire team does not attend meet, individuals and relays that qualify only compete.

April 27 Lakeville Mega Meet.

Limited to the top 3 per event and top relay.

April 30 Zimmerman/Rogers @ Elk River (Unlimited Meet)

May 7 *** True Team Sections at Elk River *******

This is our most important “Team” meet of the year. This is usually the main meet that we try to perform our best at as a team. Entries are limited to 3 individuals and one relay per team. The top team in each section and top 4 Wild Cards (best 4 non championship teams of all 8 sections) advance to the True Team State Meet. Attendance for this meet is vital to our team’s success.

May 9 **JV @ Anoka**
Any athlete who did not compete at the True Team Section meet will compete in this meet. Some athletes who only did 1 event at True Team might also compete here.

May 14 **Elk River @ Champlin Park**
Unlimited Meet

May 16 **Conf JV Meet at Elk River**
This meet is for any athlete who will not compete at the Varsity Conference meet. See criteria for that meet to determine likelihood of competing in this meet. This is the last meet for our JV kids.

May 17 **True Team State at Stillwater**
This meet is for the True Team Section Winners and 1 wild card team (the best 2nd place section team) Enjoy if you get the opportunity!

******* May 21 & 23 Conference Meet @ Maple Grove *******

This meet is limited to 3 athletes per event and 1 relay per school. Our goal here is to place athletes where they have the best chance at awards. Top four individuals in each event are All-Conference, next four are Honorable-Mention. Top 3 relays in each event are also All-Conference and next three are Honorable-Mention. Medals & plaques to All Conference people. In addition, this provides us with the best chance to score as many points as a team as possible.

******* May 29 and June 1 Section Meet @ Chisago Lakes *******

This is the beginning of our “playoffs”. Entries are limited to 3 per event and one relay. Top two individuals and top two relays qualify for State. Meeting a qualifying standard can also qualify for state. Awards are given to top 6 in each event. Goal here: Peak performance, try for a PR, Qualify for state meet.

******* June 7 and 8 State Meet @Hamline University *******

Congratulations you qualified for the State Meet. Enjoy the experience.

****** These meets are the big ones for Elk River Track. We expect full commitment from the athletes who compete in these meets. This means on Race Day and the days leading up to the race.*

Elk River Track Attendance Policy

-Practice is from 3:00 – 5:15 (Monday – Friday) Occasionally, we will have an early start practice @ 2:30 and a late start on non-school days. (3:15 for Middle School)

-Please be dressed and on time. Come prepared to run inside or outside, have layers of clothing in your locker.

-You are expected to be at practice everyday, commitment is the key to success.

Excused Absences:

Religion, Family, Academic, Medical (notify your head coach and event coach in advance if you need to miss when it applies) If you are absent, bring a note in from your parents.

Consequences of Unexcused Absences:

Miss the next possible meet, loss of lettering points, excessive unexcused absences may result in removal from team.

Leaving Meets Early:

Make an attempt to support your teammates by staying to end of the meet. We understand you may need to leave some meets early, please communicate with your coaches if you need to leave early. You must give a note to your coach at away meets if riding home with your parent (s). Meets in which team scores are kept are more a priority in staying until the end especially True Team Section, Conference, and Sections.

Spring Break or Other Vacations:

Notify your event coach and head coach before you are going to be gone.

Elk River Track Fundraiser Information Sheet:

Why do we fundraise?

Our fundraiser money takes care of many things for our team such as:

Team Awards, Coach buses(when needed), and equipment such as starting blocks, pole vault poles, shots/discus, batons, hurdles, landing pads.

What do I get out of doing the fundraiser?

Part of our fundraiser helps the team and part of it helps you. If you sell the following items, you get the listed clothing item paid for.

10 boxes= Free team T-shirts. 25 boxes=The two t-shirts and Team Sweatshirt.

40 boxes=Two shirts, team sweatshirt, and Team Warmups.

What do I have to do?

Sell as many boxes of cookie dough as possible. Call family and friends for potential customers.

Our team expectation is 10 boxes per person. It gets you two free t-shirts and it helps the team.

When is the order due?

Orders are due on Friday, March 22nd. Money should be collected at the time of the order.

Have checks made out to Elk River Track Club.

When will the cookie dough come?

Cookie dough should be delivered to ERHS on Wednesday, April 10th. Be prepared to pick up the order that night and deliver immediately unless you have a larger freezer.

What if I want to make a donation instead of Fundraiser?

Some parents prefer to have their children donate instead of selling cookie dough. If that is the case for your family, our recommended donation is \$75.

Basic Track Rules that Apply to Everyone

Participation Rules:

Athletes can participate in a maximum of 4 events per meet. No more than 3 events can be running or field. Runners cannot compete in 2 running events of 800M or longer.

Uniform Rule:

An athlete must wear the following: Shoes and a school issued uniform.

If you wear a shirt or compression type shorts under your jersey it must be of solid color.

If you are on a relay and you want to wear a shirt or compression like shorts underneath your uniform we will always wear **solid black**. Relay teams cannot have different colored tops or bottoms, so therefore we always wear only **solid black** to avoid any disqualification.

Remove all Jewelry prior to the start of competition.

Ways to get Disqualified:

- Using Profanity.
- Take any part of your uniform off before you leave the competition area.
- Interfere with another competitor.
- Run along side someone who is competing.
- Running on the lane line 3 or more consecutive steps.
- Hand off a baton outside of the zone.
- Throwing a baton after the race.
- The use of electronic devices in the competition area.

Minnesota State High School Training Rules:

Any abuse of alcohol or tobacco will result in a two week or two meet suspension (whichever is longer). The second infraction will result in a 4 week or 6 meet suspension. The 3rd infraction will result in a 6 week or 12 meet suspension.

HOW MEETS ARE SCORED

There are two ways to score a meet. True team method and traditional method. The main difference is that the true team method requires a team to have a lot of good athletes in almost all the events, while the traditional method only requires a team to have a few superstars to win. Meets are scored the traditional way unless it specifically has the words True Team in the title. Examples:

1. Traditional method.

In a dual meet, the scoring is 5-3-1 for individuals, 5-0 for relays. This means the winner of each event scores 5 points for their team, the second place person scores 3 points, and the third place person scores 1 point. For relays, the winning relay scores 5 points and the other team gets 0. The number of teams in the meet determines scoring.

What it looks like:

| | |
|---------------------------|---|
| Athlete 1, Elk River | 5 |
| Athlete 2, Anoka | 3 |
| Athlete 3, Elk River | 1 |
| Athlete 4, Anoka | 0 |
| Athlete 5, Elk River | 0 |
| . | 0 |
| . | 0 |
| Athlete 27, Not Elk River | 0 |

2. True Team Method.

In a true team meet, each team brings 3 individuals for each event and one relay. The number of teams determines the points for every place. In our section there are 9 teams, so a total of 27 athletes in each event. This means that first place in the individual events gets 27 points, second gets 26, third 25, etc. The last person will score 1 point for their team. Relays are worth 4 points for each place. So first gets 36 points, second gets 32, third gets 28...ninth place gets 4 points.

What it looks like:

| | |
|---------------------------|----|
| Athlete 1, Elk River | 27 |
| Athlete 2, Anoka | 26 |
| Athlete 3, Elk River | 25 |
| Athlete 4, Anoka | 24 |
| Athlete 5, Elk River | 23 |
| . | . |
| Athlete 27, Not Elk River | 1 |