

ELKS TRACK & FIELD 2022

A Parent's Guide to Track & Field

Brian Gilbertson	Head Boys Coach (Boys and Girls Distance)
Russ Gnan	Head Girls Coach (Girls Sprints)
Cory Hund	Boys Sprints
Wayne Becklin	Boys and Girls Shot Put
Paul Gill	Boys and Girls Pole Vault
Bill Martell	Boys and Girls Long Jump/Triple Jump
John Auel	Boys and Girls High Jump/Hurdles
Aaron Pederson	Boys and Girls High Jump/Hurdles

Girl's Head Coach: Russ Gnan

russell.gnan@isd728.org

Boy's Head Coach: Brian Gilbertson

brian.gilbertson@isd728.org

Web-site: www.elkrivertrack.org

Twitter: @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.

April 1 **Elk River @ U of MN Indoor Meet**
JV/Varsity (\$5 Admission)

or

April 2 **Elk River @ Bethel University Indoor Meet**
JV/Varsity

April 7 **Elk River @ Osseo**
JV/Varsity

April 15 **Elk River @ Armstrong Invitational**
Varsity

April 19 **Elk River/Rogers @ Maple Grove**
JV/Varsity

April 26 **Elk River/Centennial @ Blaine**
JV

April 28 **Elk River @ Cambridge Invitational (True Team Scoring)**
Varsity

April 29 **Hamline Elite Meet (Must Qualify Individually)**
Varsity: Only Top Marks in the state at this point in time are Invited.

May 3 **Elk River/Zimmerman @ Rogers**
JV/Varsity

May 10 **True Team Section @ Rogers**
Varsity: 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. Attendance for this meet is vital to our team’s success.

May 12 **JV True Team @ Anoka**
JV

May 17 **Elk River/Maple Grove @ Champlin Park**
JV/ Varsity

May 19 **JV Conference Meet @ Elk River**
JV: Last Meet for JV

May 20 STATE TRUE TEAM MEET *****
Only if you Qualify as a team from the May 10th Meet.

May 24 Conference Meet @ Armstrong *****
Varsity: Day 1 of a 2 Day Meet. 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 26 Conference Meet @ Armstrong *****
Varsity: Day 2 of a 2 day meet (Some events have finals only, some events you need to Qualify on the 24th in order to advance to the 26th.

June 1 Section Meet @ Sartell *****
Varsity: Day 1 of 2 day meet.
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 4 Section Meet @ STMA*****
Varsity: Day 2 of 2 day meet.

June 10-12 State Meet @STMA *****
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 – Thursday) (3:15 for Middle School)
 - Fridays we may change up the start times as determined by event group
 - Sprint/Hurdle groups will have practice on Saturdays (9-12) to be able to get on a track.
 - Please be dressed and on time. Come prepared to run inside or outside, have layers of clothing in your locker.
 - Bring your own water bottle
- 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 the team.

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 short and Beanie. 25 boxes=T-shirt, Beanie, and Team Sweatshirt.

30 boxes= T-shirt, Beanie, Sweatshirt, and sweatpants

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 Monday, March 28th.

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 6th**. Be prepared to pick up the order that night and deliver immediately unless you have a larger freezer. We will notify you very early if the date changes.

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. All clothing expenses will be your responsibility.

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 alongside 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 determine 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