

ELKS TRACK & FIELD 2024

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 Hurdles
Aaron Pederson	Boys and Girls High Jump
Doug Bloom	Boys and Girls Group B leader

Girl's Head Coach: Russ Gnan

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Web-site: www.elkrivertrack.org

Twitter: @ElkRiverTrack

Facebook: Elk River Track Stars

Remind: Parent and Athlete platforms

Girls Parents Remind: <https://www.remind.com/join/ergtfpar24>

Boys Parents Remind: https://www.remind.com/join/9834hka?utm_medium=ios

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. Varsity meets are usually the top 3 individuals in each event and the top relays on the team.

March 29 Elk River @ U of MN Indoor Meet
Limited to Varsity (\$10 Admission)

April 2 Elk River/ Osseo @ Champlin Park
JV/Varsity

April 9 Elk River /Spring Lake Park @ Armstrong
JV/Varsity

April 16 Elk River/ Coon Rapids @ Maple Grove
JV

April 18 Elk River @ Osseo Invite
Varsity

April 23 Coon Rapids/ Blaine @ Elk River
JV/ Varsity

April 26 Hamline Elite Meet (Must Qualify Individually)
Varsity: Only Top Marks in the state at this point in time are invited (find out on April 24th)

April 27 Elk River @ White Bear Lake Invite*****
Varsity

April 30 Elk River @ Anoka
JV

May 1 10th Grade and Under Meet @ Osseo
Limited Sophomore and Under Meet

May 7 True Team Section @ Elk River*****
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. The top teams Qualify for State as a Team.

May 9 JV True Team @ Anoka
JV (If you did not compete on May 7th, you will compete in this meet)

May 14 Elk River @ Champlin Park

JV/ Varsity

May 16 JV Conference Meet @ Elk River

JV: Last Meet for JV

May 17 STATE TRUE TEAM MEET *****

Only if you Qualify as a team from the May 7th Meet.

May 21 Conference Meet @ ELK RIVER *****

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. In addition, this provides us with the best chance to score as many points as a team as possible. The top team at this meet is the conference champion.

May 23 Conference Meet @ ELK RIVER *****

Varsity: Day 2 of a 2 day meet (Some events have finals only, some events you need to Qualify on the 21st in order to advance to the 26th.

May 29 Section 8AAA 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 in the finals can also qualify for state. Awards are given to top 6 in each event. Goal here: personal record, qualify for state meet, score team points.

June 1 Section 8AAA Meet @ STMA*****

Varsity: Day 2 of 2 day meet.

June 6/8 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)

- Sprint/Hurdle groups will have optional practices available on Saturdays (9-11) for extra help.

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

-Have a swimsuit and towel for pool days

-Bring your own water bottle

-Have good running shoes (TC Running in Maple Grove is best closest running store, they will give a 15% discount....tell them you run for Elk River Track and Field)

-Spike shoes/ Throwing Shoes are a must for Varsity athletes, they are optional for JV athletes. We have some spikes available to use for the season if needed. Talk to your coaches prior to purchasing to make sure you are getting the correct ones.

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

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 or email. Coach Gnan is the Head Girls Coach, Coach Gilbertson is the Head Boys Coach.

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.

Buses to and from Meets:

Athletes need to ride the bus to the meets.

If a parent is taking your athlete home after a meet, please email your head coach.

If someone other than your parent is planning on taking you home, it absolutely needs to be arranged with the coaches prior to the meet. (We should be receiving an email from the parent)

Uniforms:

The track tops are provided by the school, the track shorts are \$20 and yours to keep. We have the track shorts in stock or if you wish to or you can purchase solid black ones on your own. They must be solid black with no other accent colors or logos. If not sure, talk to your coach. These shorts can be paid for through the fundraiser.

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, uniforms, spikes, etc.

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 sleeve shirt and team shorts or long sleeve t-shirt.

25 boxes= Short sleeve, Team Shorts or Long Sleeve T-shirt, and Team Sweatshirt.

30 boxes= Short sleeve T-shirt , Long Sleeve or Team Shorts, 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.

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 3rd**. 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.

Other ways to help team:

Help at home meets
Take pictures during meet and submit
Donate shoes/spikes or equipment.

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 a **solid black** 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