

2011 Track & Field Guidelines, Policies and Information

Lettering and Attendance Policy

Criteria are based upon commitment and performance. **Lettering by performance standards does not negate established conduct/attendance standards and policies.**

A varsity letter in track may be earned by showing dedication and commitment to the program. This standard will be assessed by a combination of attendance, performance and overall contributions to the program.

Attendance Policy

Participants are allowed only one unexcused absence to practices, meetings, or other types of events where attendance is required. This is to include injuries not of a serious nature. Excused absences are comparable to school absences. Academic concerns or prearranged conflicts that may arise from other activities (plays, performances) that are school-related may be excused. These must be scheduled ahead of time with each of the coaches/sponsors that are involved. Academic tutorials, make-ups, etc. that create tardiness should be accompanied with a note from the supervising teacher or staff person upon arrival to practice. Ideally, one should inform the coaches ahead of time. Proper communication is essential. If a second unexcused absence occurs, the athlete and the parent or guardian will be required to meet with the head coach prior to further participation in meets. A third unexcused absence may result in dismissal from the team. Excessive tardiness will be discussed with the athlete and parent or guardian if it becomes a concern and could also lead to dismissal from the team if not corrected.

Spring Break practices will be held and starting and ending times will be determined by event coaches and shared with the team shortly after the start of the season. Athletes traveling away from the area are excused from spring break practice provided the parent or guardian has sent communication to the head coach. All athletes remaining in the area should plan on attending practices during Spring Break.

Practice on Memorial Day is mandatory for all Section Meet participants.

Conduct Policy

Athletes must adhere to all conduct expectations of Hill-Murray School, the Classic Suburban Conference, the Minnesota State High School League and local, state and federal laws to be in compliance with the conduct policy.

Lettering Policy

If an athlete is in compliance with the attendance and conduct policies, meeting one or more of the following criteria can earn a varsity letter:

1. A track participant can letter by scoring an average of one point per regular season meet and participating in a minimum of 5 varsity meets. Relay team members and alternates will receive $\frac{1}{4}$ of the points scored.
2. A track participant may also letter by placing in the top eight in the conference or section meets in an individual event or in the top four in a relay event.
3. Improved team performance at the conference meet or True Team Section Meet may lead to a letter. If the team places in 6th place or higher at Conference, all athletes participating at the Conference Meet will earn a varsity letter. If the team qualifies for the True Team State Meet, all athletes participating in the True Team Section Meet will earn a varsity letter.
4. Seniors who have been with the team for three or more years will earn a varsity letter.
5. Athletes may earn a letter by achieving performance standards in TWO separate events or in ONE event at two or more meets.

EVENT	BOYS	GIRLS
100 Meter Dash	11.5	13.1
200 Meter Dash	23.5	27.3
400 Meter Dash	53.0	62.5
800 Meter Run	2:06	2:30
1600 Meter Run	4:45	5:35
3200 Meter Run	10:30	12:20
100 Meter Hurdles/110 Meter Hurdles	16.5	17.0
300 Meter Hurdles	43.2	49.0
4 x 100 Meter Relay	47.0	53.0
4 x 200 Meter Relay	1:38	1:51.5
4 x 400 Meter Relay	3:40	4:15
4 x 800 Meter Relay	8:50	10:10
Shot Put	46' 0"	30' 0"
Discus Throw	135' 0"	95' 0"
Long Jump	19' 6"	15' 6"
High Jump	6' 0"	4' 10"
Triple Jump	40' 0"	32' 0"
Pole Vault	12' 0"	9' 0"

Athletes who quit or are dismissed from the team or fail to maintain minimum academic standards will forfeit the varsity letter and any team awards. The coaching staff reserves the right to make final determination on lettering status. Athletes who become injured but continue to attend all practices and participate in appropriate rehabilitation may stay in compliance with the attendance policy.