

# 2017 WATAUGA SUMMER TRACK CLUB INFORMATION PACKET

Welcome to the 12th year of the WATAUGA SUMMER TRACK and FIELD CLUB. In this packet, you will find helpful information concerning the Watauga Summer Track & Field program. Practices will be held at Trinity Springs Middle School, 3550 Keller Hicks Rd., Keller, TX 76244 from 6:00 – 8:00 p.m. on Monday, Tuesday & Thursday. **NO WEDNESDAY PRACTICE THIS YEAR!** Our parent meeting and first practice will take place on Monday, May 22<sup>nd</sup> at 6pm. In case of inclement weather, contact Coach Michael Glenn at [Michael.glenn@kellerisd.net](mailto:Michael.glenn@kellerisd.net) or go to [wataugatrack.com](http://wataugatrack.com) website. A team of highly experienced coaches will coach the 2017 summer track and field team.

**Goals and Objectives** - Our goal is for each child to improve their speed and overall conditioning, while having fun participating in track and field. This can only be accomplished through consistent participation in practices and meets. We **HIGHLY** recommend that children attend at least 2 of the 3 scheduled practices per week. Practices and meets are **NOT** mandatory. However, relay participants **MUST** attend relay practices in order to run on the relay team in the track meets. Practices will be held Monday, Tuesday & Thursday from 6-8pm. The practice schedule will be as follows:

- **Mondays**  
6:00 - 7:00 PM, Stretching/CAL and Running Events  
7:00 – 8:00 PM, Field Events
- **Tuesday & Thursdays**  
6:00 – 7:00 PM, Stretching/CAL and Running Events  
7:00 – 8:00 PM, Field Events, Hurdles and Relays

**Registration Fee** – The cost to participate in summer track is \$90 per athlete. Watauga Track Club t-shirts can be purchased for an additional \$12 by going to [www.wataugatrack.com](http://www.wataugatrack.com). The deadline to order t-shirts is Thursday, May 25th. Registration fee can be paid online, in person at Watauga Rec Center or directly to Coach Glenn at the first practice on Monday, May 22nd. All athletes **MUST** pay the \$90 registration fee **BEFORE** he/she can participate in the practices or track meets.

**Circuit Meet Info** – A participant entry fee of \$3-4 per competitor will be charged by each circuit meet host. This fee will allow a competitor to participate in as many events as he/she would like. A spectator fee of \$2-\$4 may be charged at the gate. Be prepared to have a full day of FUN at the track meets with your child! Be sure to bring fruit, drinks, coolers, ice, radios, games, books, folding chairs, pop-up tents, umbrellas, sunscreen, sunglasses, etc. to increase the day's enjoyment for you and your athletes. The pop-up tents and chairs are **HIGHLY RECOMMENDED!**

**Regional Meet Fees** – \$6 per event. The age 12 & under athletes can participate in a maximum of 3 events. The age 13 & older athletes can compete in up to 4 events. The regional meet fees will be paid directly to Coach Glenn **NO LATER** than June 29th. A spectator gate fee will be charged for the regional track meet; the regional host will determine this fee.

**State Meet Fees**– The entry fee to the state meet is \$6 per person/per event. Participants who qualify for state meet will be required to pay the state entry fee(s). **YOU MUST COMPETE IN REGIONAL MEET IN ORDER TO QUALIFY FOR STATE.**

**State Qualifier T-Shirt** – The Watauga Track Club State Qualifier t-shirt fee **MUST** be paid to Coach Glenn at the Regional Track Meet. This allows for a quick turnaround enabling us to wear the shirts at the State Meet in College Station. The T-shirt fee will be approximately \$12 per shirt. This is subject to change. **Please make checks payable to Michael Glenn.**

**Track Uniform** – It is **recommended** that each athlete purchase a uniform. However, a white singlet (jersey) can be issued to each participant to use at the meets. Upon completion of each meet, the singlet will be returned to Coach Glenn. If the participant decides not purchase a uniform, he/she will need to provide their own navy blue or black shorts to wear at the meets. Each child needs a pair of track spikes and/or running shoes along with gym shorts and a t-shirt for practices.

***\*\*UNIFORM OPTION*** – A dry-fit Watauga track uniform or composite (tight fitting) Watauga Track uniform may be purchased for an additional charge. Uniforms will be available for online purchase beginning in April. Uniforms that are purchased for additional cost **DO NOT** need to be returned at the end of the track season. If you purchased a uniform last summer, feel free to use the same uniform this year. Track bags will also be available for an additional charge. Drawstring bags with the Watauga logo will cost \$15. Backpack with the embroidered Watauga logo will cost \$25. ***\* Uniforms, t-shirts and track bags must be purchased online at [www.wataugatrack.com](http://www.wataugatrack.com). Deadline to order uniforms, t-shirts and/or track bags is Thursday, May 25th.***

**Practice** - Each child must bring a plastic bottle of cold water or sports drink with his or her name on it to each practice. Each child needs to arrive at practice on time to allow for proper warm-up and stretching prior to the workout.

**Number of Events** – Each participant may enter as many events as they desire in circuit meets only. No maximum. The regional and state meets will conform to the Texas Amateur Athletic Federation (TAAF) Cavalcade of Sports which states: 3 events including relays for the 8U, 10U, & 12U age groups, and 4 events including relays of which only 3 may be running events for ages 14U, 16U and 18U. Relay participants will be determined by the coaches only ~ NO EXCEPTIONS!!!

**Circuit/Regional/State Meet Schedule** – The track meet dates and locations are **TO BE DETERMINED**.

June 3: TBD  
June 10: TBD  
June 17: TBD  
June 24: TBD  
Regional Meet: TBD  
State Meet: July 27-30 McAllen, TX

**Contact Information** -

Coach Michael Glenn – 682 301-0760 or email [Michael.Glenn@kellerisd.net](mailto:Michael.Glenn@kellerisd.net)

You can keep up to date on Watauga Track information and/or TAAF news by visiting <http://www.wataugatrack.com> <http://www.taafregion4.org> or for more track updates visit <http://www.quickscores.com/watauga> .

**Age Divisions** – Age classification for all divisions will be based on the year the athlete was born.

8 & Under	(8)	Year of Birth	09, 10, 11
10 & Under	(10)	Year of Birth	07, 08
12 & Under	(12)	Year of Birth	05, 06
14 & Under	(14)	Year of Birth	03, 04
16 & Under	(16)	Year of Birth	01, 02
18 & Under	(18)	Year of Birth	99, 00

\*Ages are determined as of December 31, 2017.

**Order of Events & Age Divisions** – Please note that the schedule of events is subject to change:

3200 Meter Run	14, 16, 18
Shot Put	10, 12, 14, 16, 18
Discus Throw	14, 16, 18
Long Jump	8, 10, 12, 14, 16, 18
High Jump	8, 10, 12, 14, 16, 18
400 Meter Relay (4 x 100)	8, 10, 12, 14, 16, 18
800 Meter Run	8, 10, 12, 14, 16, 18
80 Meter Hurdles (8 - 30")	12
100 Meter Hurdles (10 - 30")	14 (Girls only)
100 Meter High Hurdles (10 - 33")	16, 18 (Girls only)
110 Meter Hurdles (10 - 33")	14 (Boys only)
110 Meter High Hurdles (10 - 39")	16, 18 (Boys only)
100 Meter Dash	8, 10, 12, 14, 16, 18
400 Meter Dash	8, 10, 12, 14, 16, 18
50 Meter Dash	8
300 Meter Low Hurdles (8 - 30")	14
300 Meter Low Hurdles (8 - 30")	16, 18 (Girls)
300 Meter Intermediate Hurdles (8 - 36")	16, 18 (Boys)
200 Meter Dash	8, 10, 12, 14, 16, 18
1600 Meter Run	10, 12, 14, 16, 18
1600 Meter Relay (4 x 400)	10, 12, 14, 16, 18

Ribbons will be awarded for the top six places per age group per event in circuit meets. Medals for the top three places and ribbons for 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> places will be awarded at the regional and state meets. Places for running events will be determined by timed heats; finals will not be run in any event.

Revised Feb 20, 2017

