

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 in the small gym at Trinity Springs on Monday, May 22nd at 6pm. In case of inclement weather, contact Coach Michael Glenn at Michael.glenn@kellerisd.net or check the 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. We **HIGHLY** recommend that children attend at least 1 or 2 of the 3 scheduled practices per week. Practices and meets are **NOT** mandatory. Only relay participants are required to attend practices.

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, tank tops, sleeveless shirts, spike bags, visors, hats and other track gear can be purchased by going to www.wataugatrack.com. The deadline to order WTC track gear is Monday, May 22nd. Registration fee can be paid online at wataugatrack.com or directly to Coach Glenn on Monday, May 22nd prior to the parent meeting.

*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 \$3-\$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 – \$7 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 must be paid on the wataugatrack.com site or can be paid directly to Coach Glenn **NO LATER** than Thursday, June 29th.

State Meet Info– 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.** The Watauga Track Club State Qualifier t-shirt will be available immediately following the Regional Meet. This allows for a quick turnaround enabling us to wear the shirts at the State Meet in McAllen. The T-shirt fee will be approximately \$12 per shirt. This is subject to change. State shirts will be available on wataugatrack.com

Track Uniform – It is recommended that each athlete purchase a uniform. However, a singlet (jersey) can be issued to each participant to use at the track 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 OPTIONS** – A Watauga track regular uniform or composite (tight fitting) Watauga Track uniform may be purchased for an additional charge. Uniforms will be available for online purchase until Monday, May 22nd. 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. Spike bags and drawstring bags with the Watauga logo are also available at www.wataugatrack.com until May 22nd. Backpack with the embroidered Watauga logo is also available and will cost \$30. *Uniforms, t-shirts and track bags must be purchased online at www.wataugatrack.com. Deadline to order ALL track gear including uniforms, t-shirts, tank tops, hats, visors and track bags is Monday, May 22nd.

Practice – Practices are **NOT** mandatory. However, each child needs to arrive at practice **on time** to allow for proper warm-up and stretching prior to the workout. Each child must bring a plastic bottle of cold water or sports drink with his or her name on it to each practice. Relay participants **MUST** attend relay practice in order to compete at the meets.

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 listed below:

- June 3:** Arlington Bowie High School - 2101 Highbank Dr, Arlington, TX 76018
- June 10:** Mineral Wells High School - 3801 Ram Blvd Mineral Wells, TX 76067
- June 17:** Flower Mound High School - 3411 Peters Colony, Flower Mound, TX 75077
- June 24:** Little Elm Athletic Complex - 1151 E Eldorado PKWY, Little Elm, TX 75068
- July 8:** Coppell High School -185 W Parkway Blvd, Coppell, TX 75019
- July 14-15 - Regional Meet:** The Colony High School - 4301 Blair Oaks Dr, The Colony, TX 75056
- July 27-30 - State Meet:** McAllen, TX (must qualify at Regional Meet to attend)

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> .

Contact Information -

Coach Michael Glenn – 682 301-0760 or email Michael.Glenn@kellerisd.net

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 4th, 5th, and 6th 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 May 16, 2017