

## **Mountview Track and Field**

**Track and field** is a sport which combines various athletic contests based on the skills of running, jumping, and throwing.

**Our running events**, which include sprints, middle and long distance events, and hurdling, are won by the athlete with the fastest time.

**Our jumping and throwing events** are won by the athlete who achieves the greatest distance or height.

**Our field events** will include long jump and high jump, while our throwing events will be shot put, turbo jav, and discus.

We also have "combined events" such as relay races consisting of four members. 4X100, 4X400, and 4X800 are our most common relays.

Some events will not be held where equipment is not available. **High Jump and hurdles** are two events that may be canceled for this reason at some meets.

**Event list: Long Jump, High Jump Shot put, Discus, Turbo javelin, 100 meter dash, 200 meter dash, 400 meter dash, 800 meter dash, Mile, 4x100 relay, 4x400 relay, and Low hurdles.**

It is expected that each athlete will come to track with very little experience. Even 7<sup>th</sup> and 8<sup>th</sup> grade athletes who were members of our team for the last one or two years are still to be considered beginners. With this in mind, we should all remember that no athlete becomes a great athlete without hard work.

All athletes will be given every opportunity to compete at each meet. However, as the season progresses we will then be allowed to enter our top 4 only per event at the District Championship level, and only those who meet a qualifying standard will be invited to compete at the State Championship level. For state meet information: <http://www.masstrackandfield.com/ma-track-meets/>

**IMPORTANT:** While you may consider yourself a sprinter only, your coach might help you discover a greater potential for middle and longer distance running.

Very often, a fast athlete that will work at it can become a very good longer distance runner too, so never limit yourself as a short distance sprinter!

You may also become very good at one or more field events, so try each event and see what you can do. You just might surprise yourself.

Practice is important! Without regular time working on your event, you are automatically preventing yourself from making gains in strength and endurance! Easy 1 to 2 mile runs on non-school practice days are a good idea! If this seems hard, walk some at first and work toward slowly eliminating the walking part. Everyone can do this!

**Practices will be held on Tuesday & Thursday for girls and Wednesday & Friday for boys 3:00 PM -4:30 PM at Mountview. (Practices will start April 3rd for girls and April 4<sup>th</sup> for boys.)**

**Boys and Girls Sunday practice will be held at WRHS Track from 4:00-5:00 PM**

***(Sunday is optional starting April 22rd)***

***Our first few practices may be limited to the cafeteria or gym for warm up and running will take place in the available school driveways.***