



Dear Alan

This week we will have practice on Monday, Tuesday, and Wednesday. This is due to Valencia High School having a track meet on Thursday.

Next Saturday will be our first meet at Royal High School in Simi Valley. We need all families to sign up to help work the meet. Please see the note below about that.

Good Luck!

Alan Bingham

Uniforms

Uniforms will be available for pick up on Wednesday during practice, and on Friday 6:00 – 7:00 PM near the entrance gate at the Track (Valencia High). Also available at the Meet if needed.

This Week's Practice

Monday 3/24 6:00 - 7:45 PM

Tuesday 3/25 6:00 - 7:45 PM

Wednesday 3/26 6:00 - 7:45 PM

Thursday 3/27 **NO PRACTICE**

Saturday 3/29 MEET at ROYAL HIGH SCHOOL

Scholastic Award

In an effort to emphasize the importance of maintaining scholastic ability in conjunction with athletic ability, The Santa Clarita Track Club in cooperation with local school districts, awards a Scholastic Achievement plaque to all athletes that maintain a "B+" (3.5) grade point average or better during the season. The plaque is engraved with the students name, year and symbol of the sport in which he/she is participating. A special President's Award is presented to athletes that maintain straight "A's" (4.0) grade point average.

[Click here](#) to download the scholastic form for your child.

Currently this program is only for athletes of local school districts.

EVENT SCHEDULE

Please arrive at 08:15 so you can do your warm-ups. Track events will begin at 08:45 am. The normal order of competition will be Gremlin Girls, Gremlin Boys, Bantam Girls, Bantam Boys, Midget Girls, etc., through to Intermediate Boys. Deviations in this order are shown in the order of the events which follow:

3000 Meter Run MG, MB, YG, YB, IG, IB
(All age groups may run together. In this event)



80-Meter Low Hurdles MG, MB
100-Meter Low Hurdles YB, IG*, IB*
100-Meter Low Hurdles YG
4x100 Meter Relay GG, GB, BG, BB, MG, MB, YG, YB, IG*, IB*
1500 Meter Run GG, GB, BG, BB, MG, MB, YG, YB, IG*, IB*
400-Meter Dash GG, GB, BG, BB, MG, MB, YG, YB, IG*, IB*
100-Meter Dash GG, GB, BG, BB, MG, MB, YG, YB, IG*, IB*
800-Meter Run GG, GB, BG, BB, MG, MB, YG, YB, IG*, IB*
200-Meter Dash GG, GB, BG, BB, MG, MB, YG, YB, IG*, IB*
4x400 Meter Relay BG, BB, MG, MB, YG, YB, IG*, IB*

(* Most intermediate age groups will be combined with the youth age group.)

Field events will begin at 08:30 and run concurrently unless combined

Running events take precedence over field events, athletes should check out of their event on the third call for their running event, athletes need to return to their field event with-in 5 minutes of finishing their running event. High Jump takes precedence over other field events.

High Jump BG, BB, MG, MB, YG, YB, IG, IB
Long Jump GG, GB, IB, IG, MG, MB, YG, YB, BG, BB
Shot Put YB, YG, IG, IB, BG, BB, MG, MB

Number of Events for each Athlete

Gremlins can compete in 3 events TOTAL.

Athletes who are **Bantam Thru Youth** can compete in 3 Events and a Relay

(The Total number of events, is 3 Plus 1 Relay)

Intermediates may compete in 4 events TOTAL.

An athlete who has competed in more than the maximum number of events will have **ALL** marks for the day disqualified, and would cause their relay team to be disqualified. Please address any questions to your coach to avoid any possibility of exceeding the maximum allowable number of events.

Running vs. Field Events

Running events take precedence over field events. First check in at your field event. After the 2nd call for a running event, check out with the field event judge and proceed to the staging area to check in for your running event. Return to the field event within 5 minutes of completing your race or you will not be allowed to complete the event.

THINGS TO BRING TO A TRACK MEET

Water (lots of it)

Snacks (healthy ones) fruits, veggies, sandwiches, power bars, health bars, etc.

Sunscreen

Umbrella/canopy

Complete uniform

Games



Sweats/warm-up outfit
PowerAde/Gatorade (if desired)
Running Shoes/Spikes

THINGS TO DO AT A TRACK MEET

The first thing on arrival is to have your child find his or her age group coach. Check in with them to get the event tags they will be doing at that meet. Make sure they have their sweats on, it will be cool when they arrive.

Your child will need to be aware, at all times, of where his or her coaches are. Keep track of what event is being called ("First call, all Gremlin Girls 200 meters, Last call, all Midget Boys 1500 meters", etc). It is impossible for the coaches to know where thirty or forty athletes are.

Athletes must warm up before each event. Have them check with their coach on when they should report in for warm ups with their group.

As the day warms up, keep your athlete **OUT OF THE SUN**. Use lots of sunscreen, and have them drink plenty of water and drinks like Gatorade/PowerAde. **NO SODA!!**. Soda depletes the body of fluids. Keep them relaxed and from running around. This is a good time to have them play cards or board games with a friend.

Track Meet at Simi Valley

Royal High School
1402 Royal Ave, Simi Valley, CA 93065

Directions: Take the 405 south to the 118 west, exit at 1st Street and turn left. Turn left on Royal St. and Royal High School in on the right hand side between 1st and Erringer. Park in the second parking lot the one closest to the stadium.

Volunteer Signups: We need volunteers for this weekend's meet at Simi Valley, we will be officiating the High Jump, Shot Put and 1 Long Jump Pit. and assisting in Staging. There will be a sign up sheet as you enter Track Practice this week. We will be doing it a bit different but it will be close to what we did last year, you will work in shifts, however those shifts will be based on the event, so for example the order of the high jump goes Bantam Girls, then Bantam Boys, so if you want the early shift, you will sign up for the Bantam girls and boys, when the event finishes, you can then go, Please sign up for as many events as you can assist with. We need to do all age groups, so if you can stay all day at an event, go ahead and sign up for all age groups.

Pictures Next Week 4/2/08

Our picture date is Wednesday April 2nd. Please wear your uniform, coaches too!
