

Coronado High School Track and Field 2014

Boys	Event	Girls
3.8	* 30 m. Fly	4.5
13.6	100	16.0
27.4	200	33.0
65.0	400	75.0
2:42	800	3:10
5:59	1600	7:10
13:00	3200	15:00
20.7	110/100H	22.5
52.0	300 H	64
5-0	High Jump	4-0
15-6	Long Jump	12-2
32-0	Triple Jump	27-0
9-0	Pole Vault	6-0
25-6	Shot Put	17-0
66-0	Discus	43-0

Before you will be allowed to practice with the team, you must be cleared to participate. All the forms and info you need are on the ISF site... IslanderSportsFoundation.org. This year I plan to keep registration open until the end of the 2nd week.... Friday March 2. If you have not cleared by then, assuming there is some reason outside of your control, it'll be too late to join. If you are in a winter sport, let me know ASAP if you are going to participate in track after your current season.

There is also a minimum performance standard required. You must be able to meet at least ONE of the standards shown in the table to left. For more information on this see our website at

IslanderTrack.com where you'll also find the dual, league, and CIF schedule for this year.

Practice Rules:

1. Before beginning, the most important thing to remember is that track and field is a sport. It is not a "recreation," "part time sport," or an easy way to get PE credit. With that said... You must be at all practices on time (3:00PM), with proper equipment, and prepared to workout.
2. If you are not able to attend practice, you must notify the head coach via text or email. My cell number is 619-869-6873
3. Absences from practice must be excused by the head coach. Valid excuses for absences from practice do not include serving school detention, working at your after school job, doing homework, other club sports teams etc., unless a prior arrangement is made.
4. Attendance at practice means completing the entire workout, including warm-up and cool down, as assigned by your event coach. Leaving early and not completing the workout is considered an absence. We practice rain or shine. Be sure I have your cell number in my text list to inform you in the event we have to adjust this policy.

Meet Rules:

1. To get credit for participating in a meet, you must compete in all of the events your coach has entered you in. In the field events, you must complete all of the jumps or throws that your event coach has determined best for you and in the running events you must complete each race you enter unless you are injured during the competition. If you can't participate in an event you're entered in talk to your event coach or me.
2. During a meet you cannot pull yourself out of an assigned event unless you receive permission from the head track coach. You cannot leave a meet before the completion of the final event unless you have received permission from the head track coach.
3. Failure to show up for any meet without the prior approval of the head track coach means automatic forfeiture your letter award. You have a meet schedule on IslanderTrack.com. All dual meets and the League/CIF meets you qualify for are required events. The Invites are bonus events for those members who wish to participate in them and who are in sufficient shape to qualify for them.

Make sure your work schedule, academics, appointments, etc. work around it. Nothing will cause resentment, bitterness, and bad feelings more than leaving three teammates on the starting line during a relay meet. If you are scheduled to compete in a Saturday meet, make sure you are there!

4. In general, club sports teams (soccer, volleyball etc.) are not a reason to miss meets.

5. If you are participating in more than one spring sport, you must have the approval of the other coach to also participate in track. In this case we'll have to come to an agreement on practice times.

6. If you are joining for PE credit you must adhere to the same rules as everyone else which includes participation in all the required meets.

Academic Eligibility

1. Academics should be your number one priority --- that is what school is all about.

As a member of the team, however, you have agreed to complete your studies in the evening and weekends not during practice time.. You can accomplish both goals by organizing yourself.

2. In order to maintain your eligibility on any team at Coronado High School, you must maintain certain academic standards (2.0 GPA with no F). If you think you will not be able to maintain this average, you may be able to go "on contract." But don't wait until the last minute. You are allowed one contract per school year. If you have already used it in a different sport you need to bring your grades up to be able to compete in the NEXT grading period.

Sickness/Injuries

All injuries must be reported to the coaching staff . If it is serious enough you will be expected to see your family physician or a sports medicine physician. If you need to miss practice because you are sick let me know.

Behavior

1.No indulging in alcohol or drugs. You will be automatically dismissed from the team if you are found to have been involved in this activity.

2. Finally, no one person is above the team.

Fighting, "trash talking" to teammates or opponents, mouthing off, refusing to do the workouts, leaving meets early, showing disrespect for any adult, coach, members of an opposing team, or your fellow team members will not be tolerated. Everybody on the team is important – no matter how fast he/she runs, and deserves your respect and encouragement. If any of the above become a problem you will receive one warning and after that removed from the team.

Uniform Rules

1.You must wear the complete Coronado High School track uniform at all meets.

If you choose to wear undergarments (spandex, compression shorts etc.) under your shorts and singlet they must be a solid black – no exceptions!

2. You are responsible for any equipment assigned to you. Do not wear any part of your uniform to practice or P.E. If your uniform is lost or stolen you must reimburse the School.

Tank Top & Shorts Care:

Machine wash cold with like colors, remove immediately after wash, do not bleach, tumble dry low, do not iron. Any hip numbers assigned at a race must be removed before washing/drying the shorts.

VARSITY LETTER AWARD

To earn your varsity letter you must achieve at least one event standard below while competing in one of our dual meets, the league prelims, the league finals, the CIF prelims, the CIF finals, or one of the CIF sanctioned invites some team members will attend. Marks achieved at time trials, all-comers meets, or non-CIF sanctioned meets will not count for this purpose.. In addition you can have no more than five unexcused absences from practice and must compete in every meet that you are entered in. That said I may make exceptions to these rules based on improvement or being close several times. If you are in good standing, however, and hit one of the marks shown below, you'll get a varsity letter. For those new to the sport, a FAT time is taken electronically by a special camera. **FAT** means **Fully Electronic Time**. Most invites and relays are timed this way, as are our league and CIF finals and prelims. Hand times are generally taken during dual meets.

2014 Letter Standards for Coronado High School Track				
Boys Track Standards		Event	Girls Track Standards	
FAT	Hand		FAT	HAND
12.44	12.2	100	14.14	13.9
25.14	24.9	200	29.14	28.9
55.04	54.9	400	66.04	65.9
2:14.04	2:13.9	800	2:42.04	2:41.9
5:05.04	5:04.9	1600	6:00.04	5:59.9
11:00.04	10:59.9	3200	13:10.04	13:09.9
17.75	17.5	110/100 H	19.25	19.0
46.00	45.8	300 H	55.00	54.8
	Boys Field Standards	Event	Girls Field Standards	
	5-4	High Jump	4-4	
	18-0	Long Jump	13-6	
	36-0	Triple Jump	27-0	
	10-0	Pole Vault	7-0	
	35-0	Shot Put	23-0	
	95-0	Discus	65-0	

Head Coach
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