

# HIGH SCHOOL TRACK AND FIELD RULES

## GUIDELINES

### **ATTENDANCE:**

Practices are required and are beneficial to improving athletic performance. Athletes are allowed to miss up to 3 unexcused absences before removal from the team. If you were not at school due to an excused absence, then practice is excused. If you are at school and do not show for practice, a note is needed from a parent or teacher for it to be excused. If an athlete is ineligible for 3 weeks, they will be dismissed on the 3<sup>rd</sup> week from the team. **An unexcused absence is not acceptable and the athlete will not compete at the next meet.**

### **SCHEDULE:**

Athletes will be given a schedule for the month. This schedule includes practice times and meet days. **Athletes must be picked up within 15 minutes of practice end times and bus drop off from a meet. If this is not followed after 2 occurrences, the athlete may be removed from the team.** Sometimes, weather and other circumstances will cause the meet times to be changed. Your flexibility is appreciated. Please take notice of bus departure times. **If we need to leave early from school, make sure your teachers know of this ahead of time.**

### **DRESS:**

Athletes will be given warm-ups and uniforms for meets only. They are to be turned in at the end of the season. Make sure to dress appropriately for the weather.

### **EVENTS:**

Individual performances will determine the position of the athlete in the event regardless of class rank. The track coaches will determine the athletes' events per meet.

### **REQUIREMENTS:**

ATHLETES MUST HAVE A PHYSICAL, HAVE ALL PROPER PAPERWORK FILLED OUT, AND PAY THE ACTIVITY FEE.

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**I have read and understand the track and field guidelines.**

**Athlete Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_